# War Cook Book

EVERY KITCHEN IS A FORT OF
NATIONAL DEFENSE

*Issued by the*

WOMAN'S COMMITTEE

Council of National Defense

KENTUCKY DIVISION

# WAR COOK BOOK

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Mayes Printing Company
LOUISVILLE, KY.

E Pam
12mo
#11417

## CONTENTS.

Liberty Yeast Breads ..... 13

Cereal Quick Breads ..... 16

Breakfast Cereals ..... 23

Left over cereals.

Vegetable Substitute for Wheat ..... 26

Root Vegetables as Substitutes for Wheat ..... 27

Meats ..... 28

Substitutes for beef, mutton and pork:

Animal Organs
Meat Stretchers
Game
Fish
Poultry
Cream Soups
Cheese
Eggs
Vegetables

Fats ..... 64

Salad Dressings

Sugarless Sweets ..... 73

Candies

Sauces ..... 76

Marmalades and Jellies

Vegetables ..... 81

Patriotic Salads ..... 86

War Time Desserts ..... 90

Cakes
Cookies
Puddings and Custards
Pastry and Pie fillings
Frozen Desserts

Conservation of Clothing ..... 105

## STAND GUARD IN YOUR KITCHEN OVER YOUR COUNTRY'S FOOD SUPPLY.

Your country is at war, and every man, woman and child must help. All the blood and all the sacrifice, all the men and munitions in the world can not win this war unless you and I feed the men who are doing the fighting. Your government asks you to eat the foods which are abundant, nourishing, and which can not be shipped, and to send the wheat, meat, sugar and animal fats, which are needed and can be shipped, to our soldiers and their allies. Our associates in this war can not be fed unless we use carefully all the foods available. The women of America must see to it that the sacrifice of life and money is not in vain.

In a spirit of service the War Cook Book is given to the women of Kentucky, with the hope that it offers to every home wishing to stand guard over the food supply the suggestions, directions and timely aids it needs.

Acknowledgment is gratefully made to the laboratories of the Home Economics Department, University of Kentucky, which have rendered valuable service in testing and preparing recipes, to the suggestions of many friends, and to material borrowed from State University bulletins, Government publications, and various commercial firms.

"SAVE AND SERVE"

## EACH MEAL SHOULD CONTAIN FOOD FROM EACH OF THESE GROUPS:

1. Vegetables and fruits.
2. Milk, eggs, fish, meat, cheese, beans, peas, peanuts.
3. Cereals—corn meal, oatmeal, rice, bread and others.
4. Sugar, syrups, jelly, honey.
5. Fats—butter, margarine, cottonseed oil, olive oil, drippings, suet.

You can exchange one food for another in the same group. Every food can be put into one of these groups. Each group serves a special purpose in nourishing your body.

## REASONS WHY YOU NEED THE FIVE GROUPS.

*Fruits and vegetables* furnish some of the material from which the body is made and keep its many parts working smoothly. They help prevent constipation which gives you headaches and makes you stupid. The kinds you choose depend upon the season, but remember that the cheaper ones are often as valuable as the more expensive.

*Milk, eggs, fish, meat, peas, beans.* These help build up the growing body and renew used-up parts. That is their main business. Dried peas and beans make good dishes to use in place of meat part of the times, but don't leave out the other foods entirely. Milk is the most important. Buy at least a pint a day for every member of your family. No other food can take its place for children. Save on meat if you must, but don't skimp on milk.

*Cereals.* Bread and breakfast foods. These foods act as fuel to let you do your work, much as the gaso-

line burning in an automobile engine makes the car go. This you can think of as their chief business. And they are usually your cheapest fuel. Besides, they give your body some building material.

*Sugar and Syrups* are fuel, too, and they give flavor to other foods. They are valuable food, but many people eat more of them than they need. Sweet fruits, of course, contain much sugar and are better for the children than candy.

*Fat* is fuel. Some is needed especially by hard-working people. Remember that expensive fats are no better fuel than cheap ones. Use drippings. Don't let your butcher keep the trimmings from your meat. They belong to you. Children need some butter fat. Give it to them in plenty of whole milk or in butter.

## MEATLESS AND WHEATLESS DAY MENU.

### Breakfast.

Orange Oatmeal Corn Muffins
Whole milk Sugar
Coffee

### Lunch.

Cream of Celery Soup Potato Salad
Oatmeal Biscuit Baked Apple with Raisins

### Dinner.

Salmon Loaf Carrots Buckwheat Muffins
Lettuce Salad Butter
Cornflour wafers

## HOW THIS MENU SUPPLIES BODY NEEDS.

| BODY BUILDING | CEREALS AND STARCH | SUGAR | FATS | FRUITS & VEGETABLES |
|---|---|---|---|---|
| Whole Milk | Oatmeal Corn Muffins | BREAKFAST Sugar | Butter | Orange |
| Cream Soup | Oatmeal Biscuit Potato | LUNCH Raisins | Butter, Salad Dressing | Lettuce (Salad) Apple |
| Salmon Loaf | Buckwheat Muffins, Carrots, Cornmeal Wafers | DINNER | Butter, Olive Oil Dressing | Lettuce Salad |

## MEATLESS DAY.

Breakfast—

Prunes
Fried mush
Eggs with cream sauce
Butter
Coffee or tea

Lunch—

Bean loaf
Barley yeast bread
Butter
Rice with tomato sauce

Dinner—

Scalloped salted cod
Potato dumplings
Peas or beets
Rye biscuit
Fruit salad
Mayonnaise
War cake

## HOW THIS MENU SUPPLIES BODY NEEDS.

| BODY BUILDING | CEREALS AND STARCH | SUGAR | FATS | FRUITS & VEGETABLES |
|---|---|---|---|---|
| Eggs, Cream Sauce | Mush | BREAKFAST | Butter | Prunes |
| Bean Loaf | Barley Bread Rice | LUNCH | Butter | Tomato Sauce |
| Fish | Potato Dumplings, Peas or Beets, Rye Biscuit | DINNER War Cake | Butter Mayonnaise | Fruit Salad |

AS A KITCHEN SOLDIER SALUTE YOUR COUNTRY'S FLAG. ANSWER THE ROLL CALL OF YOUR ALLIES' NEED.

1. How much meat have I sent today to the soldier holding the trenches for me in France?
2. Have I substituted for wheat bread today?
3. How much fat have I given today?
4. Have I shared my sugar?
5. Have I used home-grown products and freed the railroads to carry food to the allies?

| Send 1-3 of your | Eat instead |
|---|---|
| beef | poultry |
| pork | fish |
| bacon | cheese |
| mutton | beans |
| wheat flour | oats, corn, rye |
| lard | vegetable oils |
| sugar | syrups, honey |

## *The Reasons for Our Saving:*

"The men of the Allied Nations are fighting; they are not on the farms. Even the men of the European neutral countries are under arms. The fields of both Allies and neutrals lack man-power, fertilizer and machinery. Hence, the production of food by these countries has steadily lessened ever since the beginning of the war, while, at the same time, the shortage of shipping has grown more and more serious, with the consequent steady increase of difficulties in bringing food from the faraway markets of India, Australia and the Argentine.

The situation has become critical. There is simply not enough food in Europe, yet the soldiers of the Allies must be maintained in full strength; their wives and children at home must not face famine; the friendly neutrals must not be starved; and, finally, our own army in France must never lack a needed ounce of food.

There is just one way in which all these requirements can be met. North America must furnish the food. And we must furnish it from our savings because we have already sent our normal surplus.

We do not need to starve our own people. We have plenty for ourselves, and it is the firm policy of the Food Administration to retain for our people, by its control of exports, a sufficient supply of every essential foodstuff. We want nobody in our country to eat less than is necessary for good health and full strength, for America needs the full productive power of all its people. Much of the needed saving can be effected by substituting one kind of food for another. But the time has come to put aside all selfishness and disloyalty. The time has come for sacrifice.

The Allies ask us to meet only their absolutely imperative needs. They are restricting the consumption of their own people to the minimum necessary for health and strength. They are controlling their food by drastic government regulation. There is even actual privation among their women and children; there is starvation in Belgium.

The Allies need wheat and meat and fats and sugar. They must have more of all these than we have been sending, more than we shall be able to send unless we restrict our own consumption. We can do this without harm, for, as a nation, we are today eating and wasting much more food than we need.

The whole great problem of winning the war rests primarily on one thing; the loyalty and sacrifice of the American people in the matter of food. It is not a government responsibility, it is the responsibility of each individual. Each pound of food saved by each American citizen is a pound given to the support of our army, the Allies and the friendly neutrals. Each pound wasted or eaten unnecessarily is a pound withheld from them. It is a direct personal obligation on the part of each of us to some one in Europe whom we are bound to help.

If we are selfish or even careless, we are disloyal, we are the enemy at home. Now, is the hour of our testing. Let us make it the hour of our victory; victory over ourselves; victory over the enemy of Freedom." *Herbert Hoover, United States Food Administrator.*

# TABLE OF WEIGHTS AND MEASURES.

| Material | Weight | Measure |
|---|---|---|
| Apricots | 1 lb. | 75 pieces |
| Bananas | 1 lb. | 3 large |
| Beans, Navy | 1 lb. | 2 1-3 cups |
| Beans, canned— | | |
| String No. 2 | 1 lb. 2 oz. | 1 2-3 cups, drained |
| Lima No. 2 | 1 lb. 4 oz. | 1 2-3 cups, drained |
| Bread— | | |
| Graham | 12 oz. | 14 ½-inch slices |
| Rye, Ward's | 1 lb. | 21 ½-inch slices |
| White, Ward's | 1 lb. 2 oz. | 16 ½-inch slices |
| Whole Wheat, Ward's | 1 lb. 4 oz. | 15 ½-inch slices |
| Butter | 1 lb. | 48 squares |
| Milk, condensed | 6 oz. | 2-3 cup |
| Molasses No. 2½ | 2 lbs. 6 oz. | 2¾ cups |
| Pineapple— | | |
| No. 1 flat | 9 oz. | 5 slices |
| No. 2 tall | 1 lb. 3 oz. | 10 slices |
| Prunes— | | |
| Small | 1 lb. | 40 prunes |
| Large | 1 lb. | 28-30 prunes |
| Tapioca— | | |
| Instant | 10 oz. | 1 3-7 cups |
| Pearl | 1 lb. | 2 1-7 cups |
| Minute | 10 oz. | 1 3-7 cups |

1 ounce of sugar measures 2 level tablespoons.

1-3 ounce of butter measures 2 level teaspoons

2 ounces of flour measures ½ cup.

**All recipes serve six persons unless otherwise indicated.**

# Liberty Yeast Breads

## YEAST BREADS.

If you have a good rule for bread use it, but in place of part of white flour use one of these other grains—either all or part of time. If dry yeast is used, a sponge should be made at night with the liquid the yeast and a part of white flour.

### CORN MEAL YEAST BREAD (1 loaf)

1¼ cups milk and water or water (10 ounces)
1 tablespoon fat (½ ounce).
2 teaspoons salt (½ ounce).
2-3 cup corn meal (3 1-3 ounces).
2½ cups flour (9 1-3 ounces).
½ cake compressed yeast (¼ ounce).
¼ cup warm water (2 ounces).

Add salt to liquid and bring to boiling point. Add corn meal slowly, stirring constantly until all is added. Remove from the fire, cool mixture, and add compressed yeast softened in ¼ cup warm water. Add 2 1-3 cups flour and knead. Let rise until about double its bulk, knead again, and put in the pan. When light, bake in a moderate oven for at least an hour.

In mixing the dough the flour and corn meal are to be used as separate ingredients, because the corn meal must be scalded or a grainy bread results. When the corn meal mixture is removed from the stove, the housewife will doubt her ability to add the amount of flour called for. The flour will work in, as required, but a stiffer, stickier dough than that to whch she is accustomed will result.

## OATMEAL YEAST BREAD (1 loaf).

1 cup milk and water, or water (8 ounces).
1 teaspoon salt (¼ ounce).
1 tablespoon fat (½ ounce).
1 cup rolled oats (2¾ ounces).
2½ cups wheat flour (10 ounces).
½ cake compressed yeast (¼ ounce).
¼ cup warm water (2 ounces).

Scald liquid and pour it over the rolled oats and fat, and salt. Let stand until lukewarm (about half an hour). Add yeast softened in warm water. Add flour and knead. Let rise until double its bulk. Knead again and place in pan. When light, bake in a moderate oven from 45 to 60 minutes.

## POTATO YEAST BREAD.

½ cup milk and water, or water (4 ounces).
4 tablespoons fat (2 ounces).
1½ teaspoons salt (⅜ ounce).
4 cups boiled potatoes.
8 cups flour (32 ounces).
½ cake compressed yeast (¼ ounce )
¼ cup warm water (2 ounces).

*Introductory statements:*

Boiled potatoes mashed combined with wheat flour may be used in making a bread of good flavor and texture. The potato bread is slightly darker in color than patent flour bread, and is also somewhat moist. It is relished by persons who do not care for any so-called "white-bread." Two manipulations are satisfactory. Either all the flour may be added in the first mixture, making a dough which is very stiff and difficult to knead, or a part of the flour may be re-

served and added with the second kneading. In either case the dough is soft at the second handling, but after baking it produces a satisfactory loaf. The above amounts make three loaves of bread.

## RYE YEAST BREAD.

1 cup milk and water, or water (10 ounces).
1 tablespoon fat (½ ounce).
1 teaspoon salt (¼ ounce).
2¼ cups rye flour (7 ounces).
2¼ cups wheat flour (9 ounces).
½ cake compressed yeast (¼ ounce).
2 tablespoons water (1 ounce).

Combine ingredients. Mix into dough and knead. Let rise until double original bulk. Knead again. When again double bulk, bake about 45 minutes.

## BARLEY BREAD.

¾ cup milk.
¾ cup water.
1 cup barley flour, or
1½ cups hot barley mush
2 cups wheat flour
1 tablespoon fat
1 teaspoon salt.
½ yeast cake
¼ cup lukewarm water

Prepare and bake as rye bread.

## BRAN BREAD.

4 cups bran
2 cups wheat flour
½ cup molasses
2 cups milk or water
1½ teaspoons salt
3 tablespoons fat
½ yeast cake
¼ cup lukewarm water

Make sponge, using flour. When this is light add the bran and proceed as in entire wheat bread.

# Cereal Quick Breads

## CORN MUFFINS (Eggless)

1¾ cups corn meal
¼ cup flour
1 teaspoon salt
4 teaspoons baking powder
2 tablespoons shortening
1½ cups milk

Sift the dry ingredients into a bowl; add milk and melted shortening; beat well and pour into well-greased pan or muffin tins and bake in hot oven about 25 minutes.

## CORN MEAL SALAD WAFERS.

½ cup corn meal
½ cup wheat flour
1 tablespoon fat
½ teaspoon salt
3 tablespoons milk (about).

Sift the flour, meal and salt together. Cut in the fat and add the liquid. The dough should be stiff enough to be rolled into a very thin sheet. Cut into diamonds or other shapes. Bake quickly in a hot oven.

## CORN FLOUR GRIDDLE CAKES.

1½ cups corn flour
½ teaspoon soda
½ teaspoon salt
1 cup sour milk
1 egg

Sift the dry ingredients together, add the milk and beaten egg. Mix well and cook on hot griddle. The batter must be very thin.

## OATMEAL MUFFINS.

1½ cups milk (12 ounces).
2 eggs (4 ounces)
2 tablespoons fat (1 ounce)
1 teaspoon salt (½ ounce)
2 cups rolled oats (5½ ounces)
1 cup flour (4 ounces)
4 teaspoons baking powder (1 ounce)

Pour milk over oats and let soak ½ hour. Add eggs and melted fat. Add to dry ingredients, which have been sifted together. Bake 25 to 30 minutes. This makes 10 to 12 muffins.

## WAFER CORN BREAD.

2 cups finely ground corn meal
2 teaspoons baking powder
½ teaspoon salt
1 egg
1 tablespoon shortening
2 cups milk
2 tablespoons molasses (if desired)

Mix thoroughly corn meal, baking powder and salt. Add melted shortening, molasses and well-beaten egg. Beat well. Pour into greased shallow pans (the batter should be about ¼ inch deep), and bake in hot oven until brown on both sides. The bread should be less than ½ inch thick when baked.

## OATMEAL BISCUIT.

1¼ cups flour
½ teaspoon salt
1½ teaspoons baking powder
6 tablespoons shortening
1 1-3 cups oatmeal
2-3 cup water

Sift flour, baking powder, salt together. Add oatmeal, melted shortening and enough water to make a soft dough. Roll out thin on floured board; cut with biscuit cutter and bake in greased pan in moderate oven about 20 minutes

### BUCKWHEAT MUFFINS.

1 cup buckwheat
1 cup wheat flour
4 teaspoons baking powder
1 teaspoon salt
1¾ cups milk
1 egg
1 teaspoon melted fat

Sift together dry ingredients, combine the milk, beaten eggs, melted fat and molasses. Add the liquid to the dry ingredients. Mix well and bake one-half hour in a moderately hot oven.

### CORN DODGERS.

2 cups corn meal
1 teaspoon salt
2 teaspoons fat
1¾ cups boiling water

Pour boiling water over other materials. Beat well. When cool form into thin cakes and bake ½ hour in a hot oven.

### "CORN HOT" MUFFINS

1 cup Corn Hot
1 cup Graham flour
2 teaspoons baking powder
½ teaspoon salt
½ cup sweet milk
1 egg

Pour milk over Corn Hot and let stand ten minutes. Mix dry ingredients; beat egg light and add to milk and mix with dry ingredients. Put into well greased muffin pans and bake fifteen or twenty minutes in hot oven.

## BROWN BREAD (BAKED)

1 cup Graham flour
1 cup sour milk
1 cup corn meal
1 cup rye or wheat flour
1 teaspoon soda
1 teaspoon salt.

Mix as steamed brown bread and bake one hour in a moderate oven.

## NUT BREAD.

3 cups Graham flour
5 teaspoons baking powder
1½ teaspoons salt
¼ cup corn syrup
1½ cups milk and water
1 cup chopped nuts (not too fine), or
1 cup raisins, washed and floured

Mix together flour, baking powder and salt; add milk and water, sugar or corn syrup and nut meats or raisins. Put into greased loaf pan, allow to stand thirty minutes in warm place. Bake in moderate oven forty to forty-five minutes.

## BOSTON BROWN BREAD

1 cup corn meal or corn flour
1 cup rye meal
1 cup Buckwheat flour
2½ teaspoons soda
1 teaspoon salt
¾ cup molasses
2 cups sour milk, or
1¾ cups sweet milk.

Mix and sift the dry ingredients and add the molasses and milk. Beat thoroughly and steam 3½ hours in well-buttered, covered molds. Remove the covers and bake the bread long enough to dry the top. This may be made also with 1½ cups corn meal and rye meal. This serves eight people.

## RYE CINNAMON ROLLS.

2 cups rye flour
2 tablespoons raisins cut in small pieces
4 teaspoons baking powder
2 tablespoons sugar
½ teaspoon salt
4 tablespoons fat
Water or condensed milk to make a soft dough (about 2-3 cup).

Roll the dough about ¼ inch thick and spread on it a little melted fat and the following mixture: 1 teaspoon cinnamon, 3 tablespoons sugar, 1 tablespoon flour, 1 tablespoon water. Roll the sheet of dough into a cylinder and cut off ½ inch slices. Spread the top with sugar and cinnamon mixture, and bake. The dough may be sprinkled with sugar and cinnamon as preferred.

## BARLEY SPOON BREAD.

4 cups boiling water
1 teaspoon salt
1 cup barley meal
2 eggs
2 tablespoons drippings

Add barley meal to boiling salted water, stirring constantly. Cook in a double boiler one hour. Cool and add well-beaten eggs and fat. Turn into an oiled dish and bake in a moderate oven ¾ hour.

## POTATO CORN MEAL MUFFINS.

2 tablespoons fat
1 egg well beaten
1 cup milk
1 cup mashed potatoes
1 cup corn meal
4 teaspoons baking powder
1 teaspoon salt

Mix in order given. Bake 40 minutes in hot oven. This makes 13 muffins.

## RYE BISCUIT.

1 cup rye flour
1 cup white flour or corn flour
4 teaspoons baking powder
½ teaspoon salt
2 teaspoons sugar
3 tablespoons shortening
2-3 cup liquid (milk and water)

Mix and sift dry ingredients. Chop in shortening till very fine. Add liquid carefully to make a soft dough. Pat out on a floured board and cut. Bake in an ungreased pan 10 to 12 minutes in a hot oven.

## SPOON BREAD.

½ cup coarse meal
1 pint scalded milk
1 cup cooked rice
1 tablespoon oleomargarine
1 teaspoon baking powder
½ teaspoon salt
1 egg

Scald meal with milk; add shortening, salt, and rice and egg well-beaten. Lastly add baking powder. Pour in a baking dish and bake for 30 minutes in a moderate oven.

Serve with a spoon. If fine meal is used, change the quantity to ¾ cup.

## SPOON CORN BREAD.

2 cups water
1 cup milk
1 cup white cornmeal
1 tablespoon butter
2 teaspoons salt
2 eggs

Mix boiling water and corn meal and bring slowly to the boiling point and cook 5 minutes. Add eggs well-beaten and other ingredients. Beat thoroughly and bake in well-greased pan for 25 minutes in a hot oven. Serve from same dish with a spoon. This serves six people.

## OATMEAL BISCUITS.

1 cup oatmeal
1 cup rye or white flour
2 tablespoons fat
2 tablespoons baking powder liquid
1 teaspoon salt.

Mix the fat and flour, which has been sifted, with the baking powder and salt. Add enough liquid to make a soft dough. Turn onto a floured board and roll to about one-half inch in thickness. Cut with a floured biscuit cutter. Bake about 15 minutes.

# Breakfast Cereals

## CORN MEAL MUSH

1 cup cornmeal
½ cup cold water
1 teaspoon salt
3 cups boiling water

Mix meal with cold water and salt, add to boiling water. Boil 5 minutes. Steam in double boiler three hours.

## FRIED MUSH.

Mush left over from breakfast may be packed in greased moulds and covered, which will prevent crust from forming. The next morning, slice thinly, dip in flour or meal and saute.

## FRIED MUSH WITH CHEESE.

½ cup cornmeal
2 cups boiling water
½ teaspoon salt
⅛ teaspoon paprika
½ cup grated cheese
1 cup tomato sauce
3 tablespoons fat for sauting

Stir cornmeal gradually into boiling salted water. Cook over direct flame, stirring constantly, for 12 minutes; cook over hot water for 1 hour. Stir grated cheese, through mush, add paprika and turn into moulds. Cool until mush is ready to slice. Cut into thin slices and saute until golden brown. Serve with tomato sauce.

## OATMEAL HASH.

2½ quarts water
1¼ cups rolled oats
2 onions sliced
5 potatoes cut in small pieces
1 tablespoon cornstarch
2 tablespoons fat.

Boil the water and add oatmeal, potato and onion, ½ tablespoon of salt, and ½ teaspoon pepper. Cook for ½ hour. Brown cornstarch with fat and add to soup. Cook until thick. One cup of tomatoes adds to the flavor.

## LEFT OVER CEREALS.

### Griddle Cakes Made with Oatmeal, Rice, Hominy or Cornmeal Mush.

A general recipe which may be varied to suit the materials on hand follows:

| LIQUID | FLOUR | EGG |
|---|---|---|
| 1 Cup Sweet Milk | 1⅓ to 1½ Cups | 1 (if desired) |
| 1 Cup Sour Milk | ¼ Cup | 1 (if desired) |

| FAT | SALT | BAKING POWDER | SODA |
|---|---|---|---|
| 1 Tablespoon | ½ Teaspoon | 3 Teaspoons | |
| 1 Tablespoon | ½ Teaspoon | | ½ Teaspoon |

Combine the milk, beaten egg and melted fat. Add this liquid in portions to the flour which has been sifted with the other dry ingredients.

The cooked cereal may be used with the flour in the following proportions:

1 cup liquid from 1-3 cup cooked cereal
and
1-3 cup flour
to 1 cup cooked cereal
and
1 cup flour

A little more or less flour may be necessary depending upon the amount of water used in cooking the cereal. The batter should be thin enough to spread on the griddle but should not run.

## HOMINY CROQUETTES.

2 cups cold cooked hominy
2 or 3 tablespoons milk
1 egg
2 tablespoons fat
½ teaspoon salt
1-16 teaspoon white pepper
2 tablespoons chopped parsley
Bread crumbs enough to make right consistency.

Warm the hominy and milk in a double boiler. Add the beaten egg, butter and seasoning. Cook until egg thickens. Spread mixture on a shallow plate to cool, then shape. Roll in fine bread crumbs which have been seasoned with salt and pepper. Dip in beaten egg and roll in crumbs again. Cook in deep fat until brown. Drain on unglazed paper.

## COOKED CEREAL MUFFINS.

½ cup flour
4 teaspoons baking powder
¾ teaspoon salt
1 cup cooked cereal
½cup milk
1 egg
1 tablespoon melted fat

Sift together the dry ingredients. Add the milk, beaten egg and melted fat to cooked cereals. Beat thoroughly. Finally add the sifted dry ingredients. Mix well. Bake in greased muffin tins about ½ hour in a moderately hot oven.

Other cooked cereals or mashed potatoes may be used in this recipe. If the dough is too soft, add a little more flour, if too thick a little more cereal.

## VEGETABLE SUBSTITUTE FOR WHEAT.

IRISH POTATO AND SWEET POTATO are substitutes for wheat. Five pounds of potatoes are equal to one pound of grain. Potatoes are three-fourths water, so greater weight is required to be equivalent to flour.

As a Food—The Irish potato is rich in the substances which regulate the body, also contains elements which promote growth in the bodies of children and repair in adults. The potato proteins or body building substances are fairly well balanced, its starch is just as digestible as starch of wheat.

In the American home, potatoes are used as a flavoring food and not as a substitute for bread. We should increase our average consumption from 7 ounces, or one large potato, to 11 ounces, or two potatoes a day, and let it replace a portion of the

wheat flour we want to conserve. Irish and sweet potatoes can be combined with wheat flour and made into excellent bread.

The following ways of preparing potatoes are suggested:

Boiled
Steamed
Baked
Stuffed baked
Scalloped
Creamed
Riced
Mashed
Franconia
A la Goldenrod
Soup
Salad
Stuffing for fowls

Sweet Potatoes—

Boiled
Baked
Mashed
Glazed
Browned
Croquettes
Sweet potato and apples

## ROOT VEGETABLES AS SUBSTITUTES FOR WHEAT

*Beets, Carrots, Turnips, Parsnips, Salsify,* are splendid foods and can be used as partial substitutes for wheat bread. Approximately eight pounds are equal to one pound of wheat flour. At present they are used for flavor only, and their great value as food neglected.

# Meats

## WAYS OF REDUCING:

We can reduce our consumption of beef, mutton and pork—

(1) By using other foods which serve the same purpose in the diet;
(2) By serving smaller portions of meat;
(3) My using meat less frequently;
(4) By paying careful attention to the use of meat bone, fat and small portions commonly trimmed off and thrown away;
(5) By utilizing all left-overs;
(6) By utilizing all cuts and organs of the animal to the best advantage;
(7) By combining meat with other foods in such a way that the meat flavor is extended;
(8) By using meat substitutes.

## TOUGH CUTS OF MEAT.

These can be made tender in preparation by using low moist heat for a long cooking period; by hacking as in flank steak; by pounding as in Swiss steak; or by grinding as in Hamburger steak, to break up the connective tissue and muscle fibers.

## PROCESSES FOR COOKING MEAT.

If we reduce meat cooking to its simplest terms, we find there are only three processes for cooking meat. The process we choose depends on the cut we have and the results we desire. They are:

1. Application of intense heat to keep in the juices as in broiling and roasting of tender cuts.

2. Use of lower temperature (in almost cold water and heating slowly to less than boiling point) to extract juices as in making soups from soup bones, gristle and very tough cuts.
3. By a combination of these two processes which consists in searing meat over and then stewing it. The recipes following illustrate these three processes and modifications of it.

### ITALIAN METHOD FOR MAKING A TOUGH STEAK TENDER.

Spread a tough steak with oil. Allow to remain several hours. Broil quickly, searing outside first, then allowing it to cook more slowly. When done, moisten it with 1 tablespoon vinegar. This softens the fibers.

# Meat Substitutes

ANIMAL ORGANS.

### LIVER.

Veal liver is, of course, preferable, but beef liver may be made quite tender by boiling before cooking in the ordinary way. After boiling until tender, cut in half inch slices, remove the outside skin and veins, and dredge with cornmeal. Have ready a hot frying pan and a few slices of the portion of the bacon which is not used for the army. Fry out the bacon and remove to hot platter. Fry the slices of liver in the bacon fat. Serve with bacon.

### SWEET BREADS.

Sweetbreads spoil quickly and should be removed from the paper as soon as possible. Plunge into cold water and let it stand one hour, changing water two

or three times. Put in acidulated salted boiling water and cook slowly thirty minutes. Drain and plunge into cold water to keep white and firm.

## BROILED SWEETBREADS.

After parboiling as above, split crosswise. Season with salt and pepper and broil eight minutes. Serve with lemon butter made by creaming four tablespoonfuls oleomargarine and adding slowly two tablespoons of lemon juice.

## KIDNEYS.

1 pair kidneys
2 tablespoonfuls oleomargarine
2 tablespoonfuls corn flour
1 cup water
1 teaspoon salt
1 teaspoon kitchen bouquet
1 tablespoonful mushroom catsup
2 tablespoonfuls orange juice
1 teaspoonful lemon juice
Cayenne pepper

Split fresh kidneys in halves, remove white fat and sinews from center. Cover with cold water and let heat over moderate fire. Just before boiling point is reached, drain from the water and cut into small pieces. Cover with cold water and heat again, but not letting the water reach the boiling point, as that will toughen the kidneys and they will have to be boiled a long time to make them tender again. Make a sauce by browning the oleomargarine in a pan, adding the flour, liquid and other ingredients.

## BRAISED TONGUE.

1 beef tongue
1-3 cup carrots, diced
1 sprig parsley
1-3 cup onions
¼ cup celery, diced

Place tongue in fireless cooker vessel and heat to boiling. Place in fireless cooker with hot plate. Leave two or three hours. Take out and remove skin and roots. Place back in fireless cooker pan and surround with vegetables. Add four cups of sauce made according to the next recipe. Cover closely, reheat stone and return to fireless cooker. Bake two to three hours longer.

## SAUCE FOR BRAISED TONGUE.

Melt ¼ cup oleomargarine. Add ¼ cup corn flour and stir together until well browned. Add gradually 4 cups of hot water in which the tongue was cooked. Season with salt, pepper and 1 teaspoon Worcestershire sauce. One and one-half cups strained tomatoes may be substituted for part of the water.

## STUFFED HEART.

Wash heart well, removing veins, arteries and clotted blood. Stuff with a dressing made from one cup breadcrumbs, three tablespoonfuls corn oil, small onion, sage and parsley. Brown the heart in a small amount of fat in the fireless cooker vessel. Be sure it is well browned on all sides. Add a cup and a half of hot water, a bay leaf, two cloves and a fourth teaspoonful of peppercorns. Heat to boiling and place in fireless cooker with well-heated stone. Leave for 3

to 4 hours. Just before serving, lift from the liquor and brown in oven. Thicken the stock and use as gravy.

## PIGS' FEET.

Get fresh, well-cleaned pigs' feet and have them split down the center; wash well and bring to a boil in enough water to cover. Place in fireless cooker with well-heated stone for four to five hours. At the end of this time they should be thoroughly softened. Make a batter, using one cup of milk, one and a fourth cups of corn flour, one egg, one teaspoonful of baking powder and one teaspoonful of salt. Dip pigs' feet in this mixture and saute in small amounts of vegetable oil until golden brown.

## HEAD-CHEESE.

Dress one hog's head—or half a head, if a smaller quantity is desired—remove excess fat. Cover remainder with water and cook slowly until meat falls from the bones. Highly season the water during cooking with salt, pepper, sage. Take from the stock and concentrate the stock to one-half its original volume. Cut meat in small pieces, some of which may be reserved for scrapple. Reheat in stock, put in mold to cool and set. Pigs' feet may be added to the head-cheese.

## MEAT STRETCHERS.

### CURRY BRISKET WITH RICE BORDER.

2 pounds brisket
1 teaspoon curry powder (mixture of spices)
1 tablespoon chopped celery tops
1 teaspoon celery seed, or
½ teaspoon celery
2 cups cut onion
1 tablespoon flour
1 teaspoon salt

Wipe meat with wet cheesecloth, cut in thin slices or cubes, seer in hot skillet; if meat is very dry, take a piece of suet to prevent meat from sticking. Sear on all sides, then put in boiler and cover with boiling water, then put into cooker and let cook overnight. In skillet where meat was seared put onion and fry a light brown, add to meat, add salt and boil slowly until meat is tender. This method is used where there is no cooker. Mix flour and curry powder with a little cold water and boil 3 minutes. Serve with boiled rice border.

### MEAT PIE WITH POTATO CRUST.

2 cups cooked meat
1 small onion
1 tablespoon parsley
Seasonings, salt and pepper
½ cup stock

Grind meat, mix with other ingredients, place in baking dish. Arrange seasoned mashed potatoes on top, set in oven to brown.

# Game

## FRIED RABBIT.

A young and tender rabbit is more palatable when fried. Cut in pieces suitable for cooking. Dip in cornmeal and brown in fat. Cover vessel well and allow to cook slowly until each piece is thoroughly done. Remove rabbit and make a gravy, using corn flour and milk. Season with salt and pepper.

## RABBIT SAUSAGE.

Where large numbers of rabbits are available, they may be utilized by making them into sausage. Dress and bone out the rabbit. Add one-fourth as much pork fat as there is rabbit meat. Grind all through meat chopper. Season with salt, pepper and sage.

## RABBIT IN CASSEROLE.

1 rabbit
¼ cup drippings or other fat
1 cup hot water
2 cups meat stock, or
thickened gravy
1 teaspoon lemon juice
bit of bay leaf

Dress the rabbit and separate into pieces at the joints. Season with paprika and salt. Cook in the fat until a golden brown. Transfer the meat to a casserole with 1 cup of hot water and cover. Bake in a moderate oven about one-half hour then add the stock or gravy, lemon juice and bay leaf. Continue cooking in the oven about 3 hours.

## MEAT SOUFFLE.

Make a cream sauce of 1 pint hot milk, 2 tablespoons fat, 4 tablespoons cornstarch, salt, pepper. Season with chopped parsley and onion juice. Stir into it 1 to 2 cups chopped meat, chicken, tongue or lamb. When hot, add beaten yolks of 2 eggs. Cook 1 minute and set away to cool. Then stir in whites of eggs beaten stiff. Bake in buttered dish. Serve immediately.

## RABBIT MOULD.

Dress and cut up a rabbit. Cook slowly in seasoned boiling water until meat falls from the bone. Remove rabbit. Concentrate soup stock to 2 cups. Strain and skim off fat. Decorate bottom of mold with parsley and slices of hard cooked eggs. Soak 1 tablespoon Knox gelatin in cold water and add to hot liquid. To this add the diced meat, ¾ cup diced celery and 3 or 4 strips pimento. Pour all into a mould to set. Other diced vegetables may be added if desired. Serve with boiled salad dressing.

# Fish

## WHY EAT MORE FISH.

1. It supplies building material, nationally more economical.
2. They feed on water material—can be produced more cheaply. Cereals are used in production of meat.
3. Cheaper—if properly selected.

## REASON FISH ARE NOT MORE GENERALLY USED.

1. Lacks flavor. This can be added in preparation if proper care is taken.
2. Fish has not been properly handled in shipping and in local stores, on which account there has been a deterioration in flavor.
3. We are conservative—eat only the kinds we know. These are not available all during the year and the price is forced up during the seasons when it is available.

## BUYING OF FISH.

1. Find the varieties recommended by the United States Government and ask for them. Insist that your dealer carry them. Look up their food value and the best methods for their preparation.
2. In winter, use frozen fish. Thaw out slowly either in refrigerator or in cold water.
3. Use fish all the week, so that the demand will be extended and it will be possible to get it on another day than Friday.

4. A large number of perfectly good fish are being wasted each year because there is no demand for them. We are too conservative and cling to the use of certain well-known varieties, while others equally good are not used.
5. If possible, buy local fish, to avoid shipping. This rule does not hold in winter, when it is almost impossible to get river fish.

## NEW KINDS OF FISH ESPECIALLY RECOMMENDED BY BUREAU OF FISHERIES.

### BOWFIN.

A lover of sluggish waters—Great Lakes, Mississippi Valley from Minnesota to the Gulf, and in the East from New York to Florida. Can be speared—in some cases are so close together that two may be speared at one thrust. When guarding the young may be caught with the hand. Fresh, the flesh is soft; is most desirable smoked.

### BURBOT.

Fresh-water cousin to the cod. From Arctic Circle to Ohio and Missouri, especially in the Great Lakes and the larger waters of New England, New York, Canada and Alaska. Is sold skinned, dressed and decapitated. May be obtained salted.

## POINTS TO BE REMEMBERED IN THE PREPARATION OF FISH.

1. It is tender; therefore, long cooking for tenderness is not necessary.
2. Flavor should be retained and added.

3. Most fish lack fat; therefore, the addition of it is desirable from the standpoint of food value as well as flavor.
4. Small pieces of the thin portion of fish which are ordinarily cut off as trimmings, and are sold cheaper than the regular cuts, may be used very acceptably in chowder. It is also a good way to use left-over fish. The fish may be minced and the bones boiled for the stock.

Methods commonly used are: Frying, Broiling, Baking, Boiling, Steaming.

## SAUCES FOR FISH.

### MAITRE D'HOTEL BUTTER.

¼ cup butter substitute
½ teaspoon salt
1-3 teaspoon pepper
½ tablespoon finely chopped parsley
¾ tablespoon lemon juice

Cream butter in a bowl and with small wooden spoon work until creamy. Add salt, pepper and parsley, then lemon juice very slowly.

### HOLLANDAISE SAUCE,

½ cup butter substitute
2 eggs (yolks only)
1 tablespoonful lemon juice
½ teaspoon salt
A few grains cayenne pepper
1-3 cup boiling water

Put one-third butter in a sauce-pan with the yolks of the eggs and lemon juice. Place over hot water and

stir constantly until the butter is melted. Then add one-third more of the butter and, as it thickens, the last of the butter. Add the water and cook one minute. Season with salt and cayenne.

## SPANISH MACKEREL.

Cream and wash well, bone. Fill with a stuffing prepared from the following ingredients:

2 cups bread crumbs
¼ cup oil
small onion, sliced
½ teaspoon sage
chopped celery and parsley

Lay in pan, cover with strips of salt pork and bake 20 or 30 minutes. Any other fish may be prepared in the same way.

## SMOKED, SALTED OR DRIED FISH.
## SALT FISH.

Salt, smoked and dried fish must be freshened by soaking in water from 12 to 24 hours and in some cases even longer. After freshening it may be prepared by baking or broiling. It should not be cooked at too high a temperature or the fibers of the fish are hardened too much. A dry salt fish is very good if baked in milk.

## ESCALLOPED FINNAN HADDIE

1 cup flaked finnan haddie
2 hard-cooked eggs (minced)
1-3 cup bread crumbs
1 cup milk
2 tablespoonfuls fat
2 tablespoonfuls butter
Salt and pepper

Make a cream sauce, melting the butter, stirring in flour, adding the milk and bringing to a boil. Place in the baking dish a layer of finnan haddie and a layer of egg until all are used up. Pour cream sauce over and cover with crumbs. Place in oven to heat through and brown the crumbs.

The smoked bowfin carp may be prepared in the same way.

## FISH BALLS.

1 cup salt codfish
2 heaping cups potatoes
1 egg
½ tablespoon fat
⅛ teaspoon pepper

Wash fish in cold water and pick in very small pieces. Wash, pare and soak potatoes cutting in pieces of uniform size before measuring. Cook fish and potatoes in boiling water to cover until potatoes are soft. Drain thoroughly through strainer, return to kettle in which they were cooked and mash thoroughly; add fat, egg, well-beaten, and pepper. Beat with a fork 2 minutes. Add salt if necessary. Take up by spoonfuls, put in frying-basket and fry one minute in deep fat.

## SCALLOPED FISH AND POTATOES.

2 cups cooked fish (salt or fresh)
2 cups mashed potatoes
1½ cups skimmed milk
1 tablespoon fat
1 tablespoon cornstarch
½ teaspoon salt
⅛ teaspoon pepper
1 teaspoon chopped parsley
1 teaspoon finely chopped onion

Make a sauce, milk, fat, cornstarch, salt, pepper, parsley and onion, add to fish. Put into a baking dish and cover with mashed potatoes and bake until well browned. Garnish with hard-cooked egg and chopped parsley.

## FISH CHOWDER.

2 pounds haddock or cod
Slice salt pork
½ onion
4 potatoes
3 pints cold water
1 pint hot milk
6 chowder crackers
1½ teaspoons salt
Pepper to taste

Have head, skin and bones removed from fish at the market, and take these home with the fish. Cut fish in 1-inch pieces. Put head, skin and bones in a kettle with the cold water. Allow it to come slowly to the boiling point and then simmer ½ hour. Strain this water and return it to the kettle, throwing away the head, bones and skin. Cut the pork in small pieces, put in frying pan with the onion and fry until brown. Strain fat into kettle with the fish water and add the potatoes (washed, pared and cut up). When these are nearly cooked, add the fish. Do not break the fish by stirring. Add hot milk, salt and pepper. Put the crackers in a soup dish and soften with a little cold milk before pouring in the hot chowder. Serve at once.

## CANNED FISH.

### SALMON LOAF.

1 cup cooked hominy
1 teaspoon salt
⅛ teaspoon pepper
1 beaten egg
1 cup cooked salmon

Mix in order given, pack in greased mold and steam one hour. Turn on to platter, pour on a white sauce and garnish with hard-cooked eggs, olives and parsley.

### JELLIED FISH.

½ cup cooked flaked fish
2 tablespoons chopped capers and pimentos
1 tablespoon granulated gelatin
1 cup boiling water
2 tablespoons lemon juice
¼ teaspoon salt
2 tablespoons cold water

Mix the fish and capers. Arrange in a mold. Soak the gelatin in 2 tablespoons of cold water. Add the boiling water and stir until the gelatin dissolves, then add the lemon juice and salt. Pour this jelly carefully over the fish and set in a cool place to harden. Cut into portions and serve on lettuce with salad dressing. If desired, celery or hard boiled eggs cut in slices may be added to the fish.

### BAKED TUNA FISH.

1 pound can tuna fish or salmon
2 tablespoons oil
1 tablespoon corn starch
1 cup grated cheese
1 cup skimmed milk
½ teaspoon salt
⅛ teaspoon paprika

Flake the fish, make a sauce with the oil, cornstarch and milk, add cheese, salt and paprika. Arrange alternate layers of fish and sauce in baking dish and bake 20 minutes.

## WHY WE USE POULTRY.

In these days of conservation we must not overlook poultry of various kinds which may be used instead of meats.

Poultry contains practically the same amount of nourishment, pound for pound, as beef, pork or mutton. It cannot be shipped as well, so will not be sent to our allies and soldiers.

Eat poultry. Make soup from the bones and tiny scraps. Make the meat go farther by combining it with rice, hominy, or vegetables, in scalloped dishes and stews. Fry out the fat from poultry and use it instead of lard and butter for shortening. French cooks consider poultry fat as a real delicacy in cookery.

## BUYING.

In selecting poultry, see that the flesh is firm, that there is a fair amount of fat underneath the skin, that the skin is whole and of a clear yellow color, and that the odor is good. Chickens and fowls have certain characteristics which make them readily distinguishable. Chickens have soft feet, a flexible breast bone, many pin feathers, and little fat, while fowls have hard scaly feet, a rigid breast bone, and long hairs over the body.

## POTATO STUFFING.

2 cups hot mashed potatoes
1¼ cups bread crumbs
1 teaspoon sage
1 chopped onion
3 tablespoonfuls fat from fowl
1 egg (if desired)
1½ teaspoonfuls salt

Clean and stuff fowl, place in roasting pan in moderate oven. Bake until tender and a knife inserted at the joint will show that it may be easily separated. For a tougher fowl, place in fireless cooker four hours to overnight. then stuff and brown in oven.

# Cream Soups

## CREAM OF CORN SOUP.

1 can corn
2 cups boiling water
2 cups milk
1 sliced onion
2 tablespoons butter substitute
1 tablespoon flour substitute
1 teaspoon salt
paprika

Add water to corn and simmer 20 minutes; rub through sieve. Scald milk with onion, remove onion and make a white sauce of the milk and remaining ingredients. Add sauce to corn puree.

## CREAM OF SOY BEAN SOUP.

1 tablespoon butter
2 cups milk
½ onion minced or grated
1 tablespoon flour
1 cup cooked soy beans
salt

Melt butter, add flour, cook thoroughly, add milk and onions. Bring mixture to boiling point. Pass beans through sieve. Add beans and seasonings to milk and reheat.

## CREAM OF LIMA BEAN SOUP.

1 cup dried lima beans
3 pints cold water
2 slices onion
1 tablespoon flour
4 tablespoons butterine
4 slices carrots
1 cup milk
1 teaspoon salt

Soak beans over night; in the morning, drain and add cold water; cook until soft and rub through sieve. Cut vegetables in small cubes and cook 5 minutes in half of the fat. Remove vegetables, add flour, salt and pepper, and stir into boiling soup. Add milk, reheat, strain and add remaining fat.

## CREAM OF CELERY SOUP.

3 cups hot water
2 cups celery ends, roots and leaves
½ onion, sliced
2 tablespoons cornstarch
3 tablespoons fat
Salt, pepper
3 cups hot milk

Cook celery and onion in water until tender, then rub through sieve. Make white sauce of remaining ingredients and add celery water.

## CREAM OF TOMATO SOUP.

½ can or 2 cups tomatoes
1 slice onion
¼ teaspoon soda
1 quart milk
2 tablespoons cornstarch
1 teaspoon salt
⅛ teaspoon pepper
4 tablespoons fat

Simmer tomato and onion together, 20 minutes, rub through sieve. Reheat tomato juice and add soda while hot.

Make white sauce of remaining ingredients and add tomato juice. Serve at once.

## CREAM OF POTATO SOUP.

2 potatoes
4 cups milk
½ onion
2 tablespoons fat
1 tablespoon chopped parsley
1 tablespoon cornstarch
Salt, paprika, pepper

Cook potatoes in boiling salted water until soft, and put through a sieve. Scald milk with onion and remove onion. Make a sauce with hot milk and remaining ingredients and combine with potato pulp. Add chopped parsley just before serving.

## VEGETABLE SOUP.

2 bunches carrots and carrot tops
1 potato (peelings and all) washed and chopped
1 (13-oz.) can tomatoes or 1 can tomato soup
2 bunches onions and onion tops
Any left-overs or outside leaves of lettuce or cabbage
3 quarts water

Cook two hours. Strain through sieve. Cook one-half cup rice; strain and brown it; then add it and the rice water to soup and cook one-half hour more.

## BEAN SOUP.

2 cups beans
4 cups cold water
1 small onion
2 stalks celery, or ¼ teaspoon celery salt
Few grains cayenne
¾ tablespoon cornstarch
3 tablespoons butter substitute
½ tablespoon salt
⅛ teaspoon pepper
¼ teaspoon mustard

Soak beans overnight; drain and add cold water. Slice onion and cook five minutes with half the fat and add to beans with celery cut in pieces. Simmer 3 or 4 hours, or until beans are soft; adding more water as water boils away. Rub through sieve, reheat to boiling point and add seasoning. Bind with remaining fat and cornstarch cooked together.

## LIMA BEAN SOUP.

1 cup Lima beans
4 cups water
2 cups milk
1 tablespoon fat
½ tablespoon cornstarch
1 teaspoon salt
Paprika
1 slice onion

Soak beans in cold water 10 to 12 hours. Cook in same water in which beans were soaked, with onion, until tender. Rub through sieve. Make a white sauce of remaining ingredients and add to bean puree. If soup is too thick, dilute with the bean water.

## SPLIT PEA SOUP.

1 cup dried split peas
2½ quarts cold water
1 pint milk
1 small sliced onion
3 tablespoons drippings
1 tablespoon cornstarch
1½ teaspoons salt
Dash of pepper

Pick over the peas carefully and let soak several hours, then drain, add the cold water. Simmer 3

hours or until soft. Rub through a coarse sieve. Melt the drippings, add cornstarch seasoning and milk and stir until all is smooth, then add the pulp of the peas, let boil 1 or 2 minutes and serve hot. A ham bone may be added if desired for additional flavor.

## SOY BEAN SOUP.

¼ pound ham hock
5/6 cup soy beans
⅛ pod red pepper
4 cups, 1 quart, water
½ ounce salt pork
2 tablespoons onions
½ tablespoon salt
½ teaspoon vinegar

To 2 quarts extract made by boiling ham hock, salt pork and water add vegetables. Soy beans may be whole or run through sieve. Simmer until thoroughly cooked.

## VEGETABLE SOUP WITH SOY BEANS.

1 pound meat bones
1¼ tablespoons celery
⅛ pepper pod, red
4 tablespoons tomato puree
1½ teaspoons carrots
1½ teaspoons salt
1½ teaspoons cabbage
1 bay leaf
1¼ tablespoons turnips
2½ tablespoons hominy
1/7 onion
1 quart water
1 clove
2 tablespoons soy beans uncooked
1½ teaspoons parsley

To 2 quarts meat extract made by boiling beans with water, add vegetables and simmer until thoroughly cooked.

# EGGS

## DRIED EGGS.

At the present prices, one hesitates to include, in a conservative cook book, recipes calling for eggs. However, there is now available a product known as dessicated or dried eggs which may be used with very satisfactory results, both as to cost and as to the desirability of the foods prepared from the product.

Dried eggs are manufactured on a large scale by several firms. The eggs are removed from the shell, yolks and whites mixed, and the water evaporated by heated air or by various mechanical devices. The resulting dry, granular mass is much more easily handled and shipped, occupies a much smaller space than eggs in the shell and is satisfactory in every way for use as food. It sells for 80 cents to $1.00 a pound, which makes the cost of eggs 25 to 31 cents a dozen. At this price it may be used extensively in the preparation of custards, quick breads and cakes, and may also be served alone as omelet or scrambled eggs in place of meat.

The method of using dried egg is very simple. One lightly-rounded tablespoonful is the equivalent of one average-sized egg. This amount soaked for half an hour in three tablespoonfuls of water may be used in place of one egg. The egg will soften up more easily and be ready more quickly if stirred with a fork at intervals.

Substituting on this basis, one may use dried eggs in any recipe for cakes, cookies, muffins, custards, cooked salad dressings, etc., in which the whites and yolks are not separated.

## EGGS—VARIED WAYS TO COOK.

### PUFFY OMELETS.

4 eggs
½ teaspoon salt
4 tablespoons hot water
1 tablespoon butter
pepper
Add other flavors, if desired.

Separate yolks from whites. To yolks add salt, pepper and hot water and beat until thick and lemon colored.

Beat whites until stiff and fold into first mixture. Heat omelet pan, butter sides and bottom. Turn in mixture and cook slowly until puffed up and brown on the bottom. Place in oven to finish cooking the top. Fold and turn onto a hot platter.

White sauce may be served with this or left-over meat, fish, vegetable or cheese may be added before omelet is turned. Use heavy preserves for sweet omelet.

### FRENCH OMELET.

4 eggs
4 tablespoons milk
½teaspoon salt
⅛ teaspoon pepper
2 tablespoons butter

Beat eggs slightly, just enough to blend yolks and whites, add milk and seasonings. Put butter in hot omelet pan, when melted turn in the mixture. As it cooks, prick and pick up with a fork until the whole is of cream consistency. Roll and turn on hot platter.

## CHEESE SOUFFLE.

2 tablespoons butter
2 tablespoons flour
½ cup milk
½ cup grated cheese
3 eggs
Cayenne pepper
½ teaspoon salt

Make white sauce of butter, flour, milk and seasonings. Remove from fire, cool and stir in beaten egg yolks. Then fold in stiffly beaten whites. Pour into a buttered baking dish, place in pan of hot water, and bake 30 minutes in a moderate oven. Serve at once.

## SCRAMBLED EGGS.

5 eggs
½ cup milk
½ teaspoon salt
⅛ teaspoon pepper
2 tablespoons butter

Beat eggs slightly with fork, add salt, pepper and milk. Heat omelet pan. Pour in butter and when melted turn in the mixture. Cook until of creamy consistency, stirring and scraping from bottom of pan.

## SCRAMBLED EGG WITH TOMATO SAUCE

6 eggs
1¾ cups tomatoes
2 teaspoons sugar
4 tablespoons butter
1 slice onion
½ teaspoon salt
⅛ teaspoon pepper

Simmer tomatoes and sugar 5 minutes, fry butter and onions 3 minutes. Remove onion and add tomatoes, seasonings and eggs slightly beaten. Cook same as scrambled eggs.

## PLAIN OMELET.

4 eggs
¼ cup water
1 tablespoonful butter substitute
salt
pepper

To the eggs, well beaten, add water, salt and pepper. Put the fat in an omelet pan; when hot, pour in the mixture. As it cooks, prick and pick up with fork until the whole is of a creamy consistency. Brown, fold and serve on a hot platter.

## CHEESE OMELET.

Make as directed for plain omelet. Just before folding, sprinkle over the top with grated cheese, allow the cheese to melt slightly, fold and serve.

## BREAD OMELET.

4 eggs
½ cup milk
½ cup stale bread crumbs
1 tablespoon butter substitute
salt
pepper

Soak bread crumbs in milk until soft, add to eggs well soaked and beaten. Add salt and pepper, cook and serve as directed for plain omelet.

## OMELETTE WITH MEAT OR VEGETABLES.

Small amounts of left-over chicken, fish, ham or bacon may be cut finely and added to a plain omelet. Vegetables, such as peas, asparagus, potatoes or cauliflower, may also be used.

A plain omelet may also be turned out on a platter covered with seasoned cooked spinach.

## BAKED OR SHIRRED EGGS.

Butter an egg-shirrer. Cover bottom and sides with fine cracker crumbs. Break an egg into a cup and carefully slip into shirrer. Cover with seasoned bread crumbs and bake in moderate oven until white is firm and crumbs brown.

Eggs may be baked in small tomatoes. Cut in slice from stem end of tomato, scrape out the pulp, slip in an egg, sprinkle with salt and pepper, cover with buttered crumbs, and bake.

## PRESERVING EGGS IN WATER-GLASS SOLUTION.

During the spring and early summer, when eggs are abundant and reasonable in price, attention should be given to preserving them for winter use. Fresh eggs properly preserved may be kept for 8 to 12 months in excellent condition and used with good results.

Eggs laid during April, May and early June have been found to keep better than those laid later in the season.

If satisfactory results are to be obtained, the eggs should be fresh and clean, and if possible, infertile. Eggs that float when placed in the solution are not

fresh and, therefore, can not be preserved. When an egg is only slightly soiled, a cloth dampened with vinegar can be used to remove such stains. Under no circumstances should badly soiled eggs be used for preserving; if put in the jar while dirty they will spoil, and washing removes a protective coating which prevents spoiling.

## WATER GLASS METHOD.

A good method for the preservation of eggs is the use of sodium silicate, or water-glass. If the price of sodium silicate is about 30 cents a quart, eggs may be preserved at a cost of approximately 2 cents a dozen. It is not desirable to use the water-glass solution a second time.

Use 1 quart of sodium silicate to 9 quarts of water that has been boiled and cooled. Place the mixture in a 5-gallon crock or jar. This will be sufficient to preserve 15 dozen eggs and will serve as a guide for the quantity needed to preserve larger numbers of eggs.

(1) Select a 5-gallon crock and clean it thoroughly, after which it should be scalded and allowed to dry.

(2) Heat a quantity of water to the boiling point and allow it to cool.

(3) When cool, measure out 9 quarts of water, place it in the crock, and add 1 quart of sodium silicate, stirring the mixture thoroughly.

(4) The eggs should be placed in the solution. If sufficient eggs are not obtainable when the solution is first made, additional eggs may be added from time to time. Be very careful to allow at least two inches of the solution to cover the eggs at all times.

(5) Place the crock containing the preserved eggs in a cool, dry place, well covered to present evaporation. Waxed paper covered over and tied around the top of the crock will answer this purpose.

## Vegetables, Cheese and Other Substitutes

### ITALIAN RICE.

1 cup dry rice
2 tablespoons olive oil
½ cup chopped onion
3½ cups canned tomatoes
½ cup green peppers (chopped)
1 teaspoon salt
¼ teaspoon pepper

Fry chopped onion in olive oil until golden brown. Add dry rice and brown slightly. Add canned tomato, chopped pepper and seasonings. Cover and simmer slowly, stirring as little as possible, for about 45 minutes until the rice is tender.

### RISOTTO.

2 cups rice
1 sweet pepper minced
3 tablespoons butter
1 small onion, minced
½ cup grated cheese
3 stems celery, minced
1 cup tomato pulp or puree
1 teaspoon salt
3 drops tobasco

Boil celery and pepper in 2 quarts of water for 20 minutes. Add washed rice and boil 15 minutes longer. While rice is boiling, place butter in skillet. Add onion, cook to a light brown. Add rice, cook 2 minutes, stirring constantly with a fork. Add water in which rice was boiled, tomato pulp, salt, pepper and tobasco. Cook slowly, 20 minutes, or until liquid is absorbed. Add grated cheese, cook slowly until it melts. Serve hot in a hot dish.

## ENGLISH MONKEY.

Soak 1 cup stale bread crumbs broken fine but not rolled in 1 cup milk, 15 minutes. Melt in double boiler 1 tablespoon butter and ½ cup soft cheese cut in small pieces. When cheese has melted, add soaked crumbs, 1 egg slightly beaten, ½ teaspoon salt and a few grains of cayenne pepper. Cook 3 minutes and pour over toast or toasted crackers.

## CHEESE AND NUT ROAST.

1 cup cheese
1 cup English walnuts
1 cup bread crumbs
2 tablespoons chopped onion
1 tablespoon butter
juice of half of lemon
salt and pepper

Cook the onion in the butter or other fat and a little water until tender. Mix the other ingredients and moisten with the water in which the onion has been cooked. Pour into a shallow dish and brown in the oven.

## LIMA BEAN LOAF.

1 cup dried Lima beans
1 onion
1 carrot
1 cup rice
1 teaspoon salt
1 egg, slightly beaten
3 tablespoons oil
¼ teaspoon mustard
½ cup boiling water
1 tablespoon catsup

Soak beans over night in cold water; drain; cover with boiling water, add onion, carrot, rice and cook until beans are tender. Drain, retain water for soup stock. Put bean mixture through meat chopper; add remaining ingredients, mix well, pack in greased bread pan and bake a half hour.

## BEAN ROAST.

2 cups cooked pink beans
¼ pound cheese
5 canned pimentos
1¼ cups bread crumbs
1 teaspoon salt
½ cup white sauce

Put cheese, beans and pimentos through a meat chopper. Mix all the ingredients together. Place in an oiled baking dish and bake slowly twenty minutes.

## BAKED SOY BEANS.

2 cups soy beans
2 cups cold water
1 teaspoon soda
2 cups hot water
1 1-3 tablespoons vinegar
2 cups boiling water
1 or 2 tablespoons Worcestershire sauce
2 tablespoons molasses
2 teaspoons salt
1 small onion
1 pod red pepper
¼ lb. salt pork cut in cubes of 1 inch
1 cup water

Soak the beans in 2 cups cold water over night. To this add 2 cups hot water containing the soda and bring to a boil and cook for 1 hour. This will soften the cooking of the beans. Pour the water off and add 2 cups boiling water and the vinegar and boil briskly 1 hour. Transfer the beans to a bean pot. Add cup of water and the Worcestershire sauce, molasses, salt, onion, pepper and pork. Place in slow oven and bake.

## CURRY OF KIDNEY BEANS.

2 cups kidney beans
2 cloves
2 cups tomato
1 onion minced
1 teaspoon curry powder
1 teaspoon salt
2 tablespoons butter and drippings
1 tablespoon flour

Wash and soak beans over night. Drain, cover with water, boil 30 minutes. Drain again. Cover with boiling water, boil gently 3 hours or until tender. Make tomato sauce of butter, onions, flour, curry powder, cloves, pour sauce over beans. Simmer ten minutes. Serve hot.

## NUT CROQUETTES.

1 cup minced peanuts
1 tablespoon Worcestershire sauce
1 teaspoon scraped onion
1 cup rolled oats, cooked
1 tablespoon butter
1 teaspoon salt
1 egg
1 cup crumbs

Mince peanuts in grinder or with rolling pin. Stir nuts into rolled oats and butter melted, onion, salt. Worcestershire sauce, egg, mix thoroughly. Stir in one-half of crumbs. Shape into cylindrical croquettes. Roll in remaining crumbs. Fry from 1 to 2 minutes in hot fat. This recipe makes 10 croquettes, each weighing 2 ounces. Serve with or without white sauce. This recipe admits of many variations and is an excellent way of using rolled oats. Any other nuts for peanuts. The mixture may be cooked in a baking dish or shaped into patties and baked in the oven.

## GREEN PEPPERS AU GRATIN

3 green peppers
¼ cup bread crumbs
¼ cup grated cheese
1½ teaspoons chopped onion
1½ teaspoons olive oil

Roast peppers whole on a hot pan. Remove seeds and skins; cut into strips. Into a greased baking dish put alternate layers of pepper and bread crumbs, sprinkling each layer with cheese. Add olive oil and chopped onion. Brown in oven.

## SOY BEAN CROQUETTES.

1 cup cooked beans
½ cup milk
⅛ teaspoon salt
onion to taste
½ to ¾ cup bread crumbs
1 tablespoon butter
1 tablespoon flour
Chopped parsley

Melt butter in top of double boiler, add flour, thoroughly mix. Heat, add milk and onion, cook over hot water until it thickens, add salt. Rub beans through a sieve, add crumbs, mix thoroughly with white sauce. Dip in white of eggs, then in bread crumbs, fry in hot fat. Makes 7 medium sized croquettes.

## SOY BEAN LOAF.

1 cup cooked soy beans
2 tablespoons bread crumbs
½ teaspoon Worcestershire sauce
⅛ pound cheese
½ lemon (juice)
1½ tablespoons onions
salt, pepper

Boil beans as for *Baked Soy Beans*, grate cheese, mix with beans, moisten with soup stock, if you have it, if not, white sauce. Add bread crumbs until stiff

enough to form into a loaf. Bake in a moderate oven, basting frequently with water, 1 tablespoon butter melted in it and 1 tablespoon lemon juice.

## CAULIFLOWER WITH CHEESE SAUCE.

Remove leaves, cut off stalk and soak thirty minutes (head down) in cold water to cover. Cook (head up) twenty minutes, or until soft, in boiling salted water; drain; separate flowerets and reheat in sauce.

## CHEESE SAUCE.

¼ cup grated cheese
⅛ teaspoon soda
3 tablespoons oleomargarine
3 tablespoons flour
1½ cups milk
½ teaspoon salt
Few grains pepper

Melt oleomargarine, add flour mixed with salt and pepper. Stir until thoroughly blended. Pour on milk gradually, stirring until well mixed, then beating until smooth and glossy. Then add cheese mixed with soda. Stir until cheese is blended with sauce.

Cabbage or celery may be served in the same way.

Shred cabbage as for slaw. Soak until crisp in cold water, drain and cook 10 minutes in boiling salted water. Drain and pour over it cheese sauce.

If liked, one may cover the top with crumbs and bake until crumbs are brown.

Celery should be washed, scraped and cut in half-inch pieces. Cook in boiling salted water until soft (about half an hour.) Drain and add cheese sauce. This also may be covered with crumbs and baked till crumbs are brown.

## BAKED HOMINY AND CHEESE.

1 tablespoon oleomargarine or drippings
1 tablespoon cornstarch
1 cup milk
1 teaspoon salt
½ teaspoon paprika
½ cup to 1 cup cheese grated or cut fine
2 cups cooked hominy
¼ cup bread crumbs

Make a sauce of fat, cornstarch, salt and milk. Add the cheese and paprika to the sauce. Arrange the hominy in baking dish and pour the sauce over it. Cover with crumbs and bake 20 minutes in a moderate oven.

# Fats

## FATS ARE DOUBLY PRECIOUS.

Fats supply energy. When people go hungry they draw on the fats of their bodies. When that is gone, they are an easy prey to disease. Some fats have stuff in them for growth. Without fats, people weaken and waste away.

Our armies use fat by shipload. Glycerin, which comes from FAT, is one of the chief things for making modern explosives. We must have fats to keep up the fight.

## HOW TO SAVE FATS.

1. Cut down in the amount of fat used in the preparation of foods.
2. Train the members of the family to leave no fat on their plates. This means fat from meat as well as butter.
3. Substitute vegetable fats and oils for animal fats.
4. Omit fried foods.
5. Use all drippings from meat as seasonings.
6. Use rinds of bacon and salt pork as seasonings for cabbage, greens, vegetables or soups.
7. Keep a jar for all trimmings from meat, bits of fat or drippings. When sufficient amount has collected, render the contents.
8. Use butter on the table, especially for children. Do not use it in cooking. In recipes calling for butter, any of the following substitutions may be made:

One cup butter equivalent to:

1 cup (scant) oleomargarine
4-5 cup lard substitute
4-5 cup rendered poultry fat
4-5 cup rendered suet or mutton fat
4-5 cup vegetable fat or oil

The following suggestions will help to save fats in cooking:

## MEATS.

Roast or broil instead of frying. Use meat loaf instead of croquettes. When meat is boiled, skim off excess fat for other cooking and use liquid for soup.

When meat or poultry is roasted, much of the fat may be used for other cooking. The gravy need not be so rich. Trim off excess of fat on all meats before cooking, render and use.

## BREADS.

Use clarified fats, fat compounds, vegetable fats and oils. All fat may be omitted if desired.

## CAKES.

Serve only plain cakes. Use clarified fats, chicken fat, vegetable fats or oils, fat compounds.

## PIES.

Serve only plain pastry.

Serve pies with one crust instead of two.

Use vegetable fats or fat compounds in pastry. Vegetable oils may be used if the quantity is lessened one-third.

## CARE OF FATS.

All fats which are to be stored for some time should be protected from heat, light and air to prevent them from becoming rancid. Keep in tightly covered receptacles and in a cool, dark place.

In summer time scraps of fat which are saved should be rendered promptly to prevent them from becoming rancid. It is also important in rendering or clarifying fats that all moisture be driven off since molds are very apt to grow if fats contain moisture.

Keep butter, oleomargarine and other butter substitutes in a cool place away from foods having strong odors, since odors are readily absorbed by these fats. Store the oils in closed cans or bottles, wrapped in paper, in a cool place. The refrigerator is preferable.

## HOME MADE FAT COMPOUND.

Mix one part of oil (cottonseed oil or corn oil, etc.) with two parts of warm rendered suet. Stir several times while cooling to prevent the ingredients from separating. This makes a good and satisfactory compound with a texture similar to lard, but at a lower cost per pound. In summer, suet may be added to lard in small amounts in order to have a harder fat. If milk is added to suet before rendering the flavor is improved.

## HOW TO RENDER FATS.

Chop in small pieces or put through a meat chopper, heat in a double boiler until all the fat has melted. The use of a double boiler prevents too high a temperature. If fat is overheated, it will become rancid. Strain through a cloth, heat again to sterilize and drive off moisture.

## HOW TO CLARIFY FATS.

Method 1. Melt the fat with an equal proportion of water in a double boiler. Strain through a cloth. When cold, remove the layer of fat from the water and reheat to drive off moisture.

Method 2. Follow directions in Method 1, using sour milk. Flavors and odors are modified.

Method 3. Follow directions given in Method 1, adding several pieces of clean hardwood charcoal. If beef fat is being clarified, the yellow color is removed and a white odorless fat is secured.

## HOW TO MAKE SAVORY FATS.

Savory fats may be made when undesirable flavors are to be eliminated. Usually strong seasonings, such as thyme, sage, marjoram, summer savory, bay leaves or onions are added to unrendered fats, having pronounced odors or flavors like those of beef or mutton. These seasonings mask the strong original flavors. Render in a double boiler and strain carefully through a flannel cloth so that all bits of herbs are removed. Adding salt after rendering improves the flavor.

Savory fats may also be prepared from rendered fats by adding the seasonings, heating the mixture and straining.

## SALAD DRESSING.

The essential ingredients of any dressing are fat and acid. The fat may be any oil, butter substitute, cream, chicken or bacon fat. The acid may be vinegar or lemon juice or a combination of fruit juices with lemon predominating. Vinegar makes a stronger dressing, the fruit juice a more delicate one. Often when pineapple is used in a salad the juice is wasted. This may be acidified with lemon juice and used as the liquid in cooked dressing to be served with the fruit salad.

There are three types of salad dressing—French, mayonnaise and cooked dressing. The simplest type of

dressing is the French, which is made up of the two essential ingredients, fat and acid, simply mixed and well seasoned. Mayonnaise is made of these same ingredients with either egg white or egg yolks added. Instead of the olive oil usually called for, any of the commercial vegetable oils, such as cottonseed or corn oil, may be substituted. They are less expensive than the olive oil and have the same food value. If the olive flavor is preferred use part olive oil and part substitute.

There are two kinds of cooked dressing, one made from a custard foundation, the other with a cream sauce basis. The second one is the more economical, especially when eggs are expensive. Where sugar is used, equal amounts of honey or twice as much corn syrup may be substituted.

## SALAD DRESSINGS

### FRENCH DRESSING.

2 tablespoons vinegar or lemon juice
4 tablespoons oil
½ teaspoon salt
¼ teaspoon paprika

Add seasonings to the oil, then beat in the vinegar or lemon juice, adding it a little at a time. French dressing may be made in quantities by placing the ingredients in a bottle and shaking well. Although the dressing separates in standing it may be combined again by shaking thoroughly each time just before serving.

### MAYONNAISE

1 egg yolk
1 cup oil
1 tablespoon lemon juice or vinegar
1 teaspoon salt
½ teaspoon paprika

Method 1. Beat egg yolk, add seasonings, then the lemon juice or vinegar, and mix thoroughly. Into this mixture drop the oil slowly, at first beating constantly. When it begins to thicken, the oil may be added more rapidly. If too thick, then with the lemon juice or vinegar.

Method 2. If all the ingredients are thoroughly chilled, the egg, seasoning, acid and oil may be put together in a bowl and combined by beating with a dover beater. This saves time and a good dressing results.

## COOKED DRESSING (Custard Foundation).

4 whole eggs or 8 yolks
2 tablespoons sugar or honey, or
4 tablespoons corn syrup
1 cup vinegar or fruit juice
½ teaspoon salt

Heat the liquid in the top part of a double boiler and pour slowly into the beaten eggs. Add seasonings and cook the mixture over water till thick. When cool, thin with either plain or whipped cream or beaten egg white. This dressing is especially good for fruit salads. This will make one pint.

## COOKED DRESSING (White Sauce Basis).

2 tablespoons flour
1 tablespoon fat
½ cup water
½ cup vinegar
½ tablespoonful sugar or syrup
1 whole egg or two yolks
1 teaspoon salt
mustard
paprika

Melt the fat and stir in the flour. Add water slowly, stirring constantly. Cook directly over fire until it thickens. Then add vinegar and cook quickly until very thick. Remove from fire and add beaten egg. The fat may be omitted especially if the two egg yolks are used, since two egg yolks contain 4-5 tablespoon of fat. This dressing is especially good for meats and vegetables. It will keep indefinitely. When used, thicken with sweet or sour cream or beaten egg whites. This will make ¾ pint.

## SAUCE TARTARE.

½ teaspoon mustard
½ teaspoon salt
few grains cayenne
2 egg yolks
1½ tablespoons vinegar
½ cup oil
½ tablespoon finely chopped capers
½ tablespoonful finely chopped pickles
½ tablespoon finely chopped olives
½ tablespoon finely chopped parsley
½ tablespoon finely chopped chives

Mix mustard, salt and cayenne, add egg yolks and when well mixed, add ½ tablespoon vinegar. Add oil gradually and as mixture thickens add the remainder of the vinegar. When ready to serve add the remaining ingredients.

## RUSSIAN DRESSING.

1 tablespoon Brand's A-1 sauce
or Worcestershire sauce
2 tablespoons chili sauce
½ cup mayonnaise
juice of ½ lemon

Squeeze lemon on cold plate. Add chili sauce and Brand's sauce. Mix thoroughly and add mayonnaise. Chopped olives, pickles, peppers or chives may be added.

## THOUSAND ISLAND DRESSING,

1 cup Mayonnaise
¼ cup French dressing
1 tablespoon Worcestershire sauce
¼ cup chili sauce
2 pimentos
chives or onion

Chop pimentos and chives and combine ingredients just before serving.

## WHY WE MUST SAVE SUGAR

During the canning season you were told to use sugar for preserving because by eating preserves we save fats. Otherwise—SAVE SUGAR.

Instead of four ounces a day, use not more than two. That is more than folks have in Europe. Save at least an ounce of sugar a day.

Give the children syrup, honey, molasses, preserves. It is better for them than candy. Munch raisins if you crave sweets. Go light on sugar in tea and coffee. Don't leave any in the bottom of the cup. Stint yourself on sweet drinks. Eat your cake without frosting.

Nibbling sweets to tickle the palate never did anyone any good. Too much makes a body logy. And now, that sugar is wanted to win the war, it is a sin to use any for mere indulgence.

One ounce a day—that's all it takes to make a stock of 1,185,000 tons this year for our Army and our Allies. Saving that ounce a day is part of YOUR WAR SERVICE.

Cut out candy.

Use less sugar in tea and coffee and substitute other sweetening wherever possible.

Try cooking breakfast cereals with chopped figs, dates or raisins. You will not need to add any sugar at the table.

Use molasses, honey, corn or other syrups for sweetening,

Use fresh fruits for desserts in place of rich pastries and sweet puddings.

Bake apples or pears with a little water for several hours until a rich syrup forms.

If more sweetening is desired, add a little honey or molasses.

Stew dried prunes in the water in which they were soaked until the liquid is almost boiled away.

If more juice is wanted, add water to the syrup.

Do not use frosting unless you can make it without sugar.

# Sugarless Sweets

## CANDIES.

### Raisin, Nut and Honey Bars

2 cups raisins 1 cup nuts

¼ cup honey

Run raisins and nuts through meat chopper, add honey and mix thoroughly. Place in dish under weight for 24 hours. Cut in bars, or this can be used to stuff dates, figs or dipped in chocolate.

### WAR SWEETS.

1 pound figs
1 pound dates
1 pound English walnuts, or any other nuts
confectioner's sugar

Run through the meat chopper, work on board dredged with sugar until well blended. Roll ¼ inch thickness, shape with fancy cutters. Brush with powdered sugar. Pack in boxes between layers of oiled paper. This may also be used as center for chocolate. One-half teaspoon orange juice may be added to flavor,

### STUFFED DATES.

Soak one pound of dates in water, stone and fill with pecan kernels or English Walnuts, or a combination of nuts broken in pieces. Roll in powdered or granulated sugar.

## STUFFED FIGS.

Split down one side of figs, fill with chopped nuts, press together well, steam until plump. When they begin to cool, roll in granulated sugar if you choose.

## CHOCOLATE-COATED NUTS.

Half a cake of chocolate, half teaspoon oleomargarine. Melt over hot water, dip nut kernels and put on greased paper to cool.

## DRIED FRUIT BALLS.

Wash one cup dried apricots and soak for 6 hours. Dry them on clean cloth and put through food chopper with 1 cup each of figs, dates and seeded raisins. Add half as much chopped nuts and ½ teaspoon of vanilla. Mix well, pack in greased mold and let stand in cool place over night.

Roll in balls and toss in chopped cocoanut or dip in melted chocolate.

## CANDY—USING SMALL PORTION OF SUGAR.

## GLACE NUTS.

½ pound nuts
¼ cup water
½ cup sugar
¼ cup karo syrup
⅛ teaspoon cream tartar

Boil until the color changes, then put into pan of cold water to stop boiling, then in pan of hot water while dipping the nuts. Dip nuts in syrup using a long pin or fork and place on buttered dish or oil paper.

## CHEAP BUTTER SCOTCH.

1 cup light brown sugar
¼ cup vinegar
1 tablespoon oleomargarine

Boil sugar and vinegar until it cracks, then add the butter and pour into a buttered pan to cool. Mark in squares before it is cooled.

## CHOCOLATE CARAMELS.

2½ tablespoons oleomargarine
½ cup milk
2 cups molasses
3 squares chocolate
1 cup light brown sugar
1 teaspoon vanilla

Put the butter into a kettle, and when melted add molasses, sugar and milk and stir until the sugar is dissolved. When boiling point is reached, add the chocolate. Boil until when tried in cold water a firm ball may form. Add the vanilla just after taking from fire and pour into a buttered pan to cool and mark into squares.

## HONEY NOUGAT.

⅜ cup honey
½ cup brown sugar
2 whites of eggs
1 pound almonds or other nuts

Boil honey and sugar together until drops will hold their shape when poured into cold water. Add the whites of the eggs, well-beaten, and cool very slowly, stirring constantly until the mixture becomes brittle when dropped into water. Add the almonds and cool under a weight. The candy can be broken into pieces or may be cut and wrapped in oiled paper.

## SAUCES

### LEMON SAUCE.

¼ cup sugar
¼ cup corn syrup (light)
1 cup boiling water
1 tablespoon corn starch
1 tablespoon oleomargarine
⅛ teaspoon salt
2 tablespoons lemon juice
½ grated rind of lemon
½ teaspoon nutmeg

Mix sugar, salt and cornstarch. Add water gradually, stirring constantly; add syrup. Boil 5 minutes; remove from fire; add oleomargarine, nutmeg, lemon juice and grated lemon rind

### FRUIT SAUCE.

¼ cup sugar
¼ cup corn syrup (light)
½ cup fruit juice
½ cup boiling water
1 tablespoon cornstarch
¼ teaspoon salt
2 tablespoons lemon juice
¼ grated lemon rind
¼ teaspoon cinnamon
⅛ teaspoon ginger
½ tablespoon oleomargarine

Mix, sugar, salt, and cornstarch. Add water gradually, stirring constantly. Add syrup. Boil 5 minutes; remove from fire; add oleomargarine, spice, lemon juice, and grated rind. Any fruit juice or a mixture of fruit juices from canned fruit may be used. Prune juice, pear juice and gooseberry juice, all make good sauces.

## HOT CHOCOLATE SAUCE.

1 square unsweetened chocolate
½ cup boiling water
½ cup corn syrup (light)
½ cup sugar (brown)
1 tablespoon oleomargarine
½ teaspoon vanilla

Melt chocolate over hot water, add oleomargarine, and blend thoroughly. While constantly stirring, add the boiling water gradually, add sugar and syrup. Boil for about 12 minutes. Cool slightly and flavor with vanilla. Keep warm over hot water until ready to serve.

## OLD FASHIONED PUDDING SAUCE.

1 cup corn syrup
1 cup water
2 tablespoons cornstarch
4 tablespoons lemon juice

Mix the cornstarch with small amount of water. Mix the syrup and water, add cornstarch gradually and cook until thickened. Add flavoring and serve on pudding.

## MARMALADES AND JELLIES

### CARROT MARMALADE.

2 cups ground carrot
1½ cups corn syrup or honey
2 lemons
2 teaspoons ground ginger root

Cook carrot until tender. Add the sugar and lemons, quartered and cut in thin slices. Cook slowly until thick. Do not stir. Pack in hot jars and sterilize. The ginger root may be omitted if desired.

### MOCK ORANGE.

2 cups ground carrot
2 lemons (juice)
1 orange (juice and grated rind)
1 cup corn syrup or honey

Cook carrot until tender. Add the lemon and orange and cook slowly until thick. Do not stir. Pack in hot jars and sterilize.

### CARROT AND PINEAPPLE.

1 cup ground carrot
1 cup pineapple
1 cup corn syrup or honey
1 lemon

Shred the pineapple and cook until tender. Add lemon, quartered and sliced very thin. Boil ingredients slowly until thick. Do not stir. Pack in hot jars and sterilize.

## PEACH CONSERVE.

1 can peaches
1 lemon
1 orange
½ cup corn syrup
1 cup raisins
1 cup walnut meats

Cook the thickly sliced outer skin of the lemon and orange in the peach syrup until tender, then add the peaches sliced, the walnuts cut in pieces, and also the raisins. Cook until of desired consistency.

## FRESH FRUIT JAM.

1 cup raisins
1½ cups peeled apples
½ cup figs or raspberries
1 cup syrup

Run fruit through meat chopper. Cook 30 minutes until a paste is formed. Used for sweet sandwiches and pie filling.

## JELLY (Made with Karo).

1 cup fruit juice
1 cup Karo (white)

Wash such fruit as berries, grapes and currants in running water and add 1 cup of water for each pound of fruit. For apples, quinces, guavas and such hard fruits wash, slice and add 3 cups water to each pound of fruit. Cook fruit until tender. Squeeze through a cheese cloth, then allow to drip without pressure through a flannel jelly bag. After cooking the juice to same temperature, test it to determine the amount

of pectin present. This test gives some idea of the proper proportions of sugar to juice. Add 1 tablespoon 95% grain alcohol to 1 tablespoon of juice and shake gently. The effect of the alcohol is to bring together the pectin in a jelly-like mass. If a large quantity of pectin is present it will appear in one mass or clot. This indicates that equal quantities of syrup and juice may be used. If the pectin does not slip from glass in one mass, less syrup will be required. A fair proportion is ¾ cup sugar to 1 cup juice.

Cook juice in small quantities adding syrup at the beginning. No exact temperature can be given for the jellying point, because it varies with different fruits. The most convenient means of determining when it is finished is to test with a spoon or paddle. When the jellying point is reached, it will break from the spoon in flakes or sheets. When this jelly stage is reached, remove from the fire immediately and skim. Skimming at this point saves waste. After skimming the jelly, pour at once into hot sterilized glasses and set aside to cool.

## JAM MADE WITH KARO.

Follow usual method for making jam, substituting karo for sugar. Use 1 cup fruit to 1 cup karo.

# Vegetables

## CREAMED VEGETABLES.

Use potatoes, turnips, celery, onions, cabbage, cauliflower, beets, parsnips, salsify, Brussels sprouts, carrots, etc. Make a white sauce, using equal portions fat and flour—one to two tablespoons to one cup hot milk; melt fat, stir flour into it till it makes a smooth paste, add hot milk and salt and pepper to taste, and stir constantly until it thickens.

*One-half as much cornstarch may be used for thickening instead of flour.*

## SALTED CORN.

Take corn that has been boiled 5 minutes and then salted out of water and soak until fresh. If still salty when ready to cook, boil and then pour off the water. Cook in fresh water until tender and season to taste.

## SCALLOPED VEGETABLES.

Put any creamed vegetable into greased baking dish, cover top with buttered crumbs, and brown in oven. Grated cheese may be added to the white sauce and used with vegetables which do not have a strong flavor.

## SCALLOPED CORN.

| | |
|---|---|
| 2 cups or 1 can corn | 2 tablespoons fat |
| 1 teaspoon salt | ½ cup crumbs |
| 1 cup milk | 1 tablespoon fat |
| ½ teaspoon pepper | speck of salt |

Mix the corn, milk, seasonings and the melted fat. Place in greased baking dish with buttered crumbs

over top and bake in moderate oven until crumbs are brown. To prepare crumbs, melt butter substitute, stir the crumbs into it and add salt.

## SCALLOPED POTATOES.

Remove the skin from boiled potatoes and cut in slices ¼ inch thick. Arrange the sliced potatoes in layers in a buttered baking dish, covering each layer with white sauce. Sprinkle the top with buttered crumbs, and bake for about twenty minutes.

Variations: Add in layers—

Hard-cooked eggs, sliced
Grated cheese Fish, beef, etc.

## SCALLOPED POTATOES.

Wash, pare and cut 4 potatoes in ¼ slices. Put in a layer in buttered baking dish, sprinkle with salt and pepper, dredge with flour, and dot over with ½ tablespoon oleomargarine; repeat. Add hot milk until it may be seen through to the top layer. Bake 1¼ hours or until potato is soft.

Slices of bacon ends or freshened salt pork may be added to top of potato if the amount of butter is lessened.

Variations—

Cut cooked potatoes in dice of uniform size; season with salt, pepper, butter. Sprinkle with chopped parsley.

Cut cooked potatoes into cubes or slices. Add white sauce. Cheese may be added to this white sauce.

Put creamed potatoes into a buttered baking dish. Cover the top with buttered bread crumbs. Bake until brown.

Arrange alternate layers of creamed potatoes and grated cheese in a buttered baking dish. Cover the top of the dish.

## BELGIAN BAKED POTATOES.

Wash, pare and cut in pieces as for French fried potatoes. Lay potatoes on an oiled pan, season with salt and pepper and bake in a fairly hot oven until puffed, golden brown and mealy.

## POTATOES A LA GOLDENROD.

Cut 2 cups boiled potatoes into cubes. Separate yolks from whites of four hard boiled eggs. Chop the whites and force the yolks through a potato ricer or strainer. Add potato. Add white sauce. Serve on toast if desired.

## SWEET POTATOES AND APPLES.

Boil sweet potatoes as directed; slice the long way of the potato. Make alternate layers of sliced apples and sweet potatoes, sprinkling 2 tablespoons of brown sugar and 1 teaspoon butter; cut in small pieces on each layer. Pour over this, when the pan is filled, ¼ cup water, and bake until apples are done, and the top is a delicate brown.

## CORN FRITTERS.

| | |
|---|---|
| 1 can corn | 2 eggs |
| 1 cup flour | ¼ teaspoon paprika |
| 2 teaspoons salt | 1 teaspoon baking powder |

Chop corn and add to dry ingredients mixed and sifted, then add egg yolks well-beaten and fold in the whites, beaten stiff. Saute in lard substitute and drain on paper.

## MASHED BEANS.

1 cup dried beans
2 tablespoons chopped onion
1 tablespoon chopped parsley
1 tablespoon fat
½ teaspoon salt
½ teaspoon pepper

Pick over beans and wash them; then soak over night. Cook in water soaked until tender. Drain, mash beans. Add seasonings and chopped parsley. Brown onion, finely chopped, in fat. Add to mashed beans. Heat and serve. The mashed beans may be cooled, the onion added raw, and the dish served with French dressing as a salad.

## STUFFED TOMATO.

Cut a slice from end of medium tomato. Remove seeds. Stuff with 1 cup boiled rice cut fine, 1 cup grated cheese, 1 tablespoon melted oleomargarine, paprika, sprinkled with bread crumbs and bake.

## NUT SURPRISE.

Parboil six medium onions in salt water. Hollow out centers of onions, chop centers and mix with one cup of ground nuts, one-half cup bread crumbs, and one-half cup standard cream sauce. Fill onions with this mixture, cover with buttered bread crumbs and let brown in oven.

## STUFFED CABBAGE.

| | |
|---|---|
| 1 small head of cabbage | 1 cup stock |
| 1 cup rice | 2 tablespoons olive oil |
| 1-3 pound mutton | 2 cups water |
| 2½ cups tomato sauce | salt, pepper |

Scrape out the center of a small head of cabbage. Parboil head of cabbage until tender. Heat olive oil, add rice, and when this has partially browned, add mutton cut into small pieces. When well browned add stock, water, seasonings. Cover and steam until rice is soft and meat is tender. Drain cabbage; fill cavity with cooked meat and rice, return to kettle and pour tomato sauce around cabbage. Cook in sauce for about 10 minutes. Serve with sauce.

# Patriotic Salads

## VICTORY SALAD.

Marinate with French dressing, either together or separately, 1 cup each cooked carrots, cooked potato cubes, cold cooked peas and cold cooked beans. Arrange on lettuce leaves in 4 sections and cover each section with mayonnaise or cooked dressing.

Garnish as desired with chopped whites of "hard-cooked" eggs, yolks forced through strainer, sliced pickle, chopped olives, parsley, celery or capers.

## PRUNE SALAD.

Soak prunes and cook until soft. Remove stones and fill prunes with nuts or cream cheese or both. Serve on lettuce leaves with mayonnaise cooked or French dressing.

## ASPARAGUS SALAD.

Drain and rinse stalks of canned asparagus. Cut rings from a bright red pepper 1-3 inch wide. Place 3 or 4 stalks in each ring. Arrange on lettuce leaves and serve with French dressing, to which has been added ½ tablespoon tomato catsup.

## STUFFED TOMATO SALAD.

Peel medium sized tomatoes. Remove thin slice from top of each and take out seeds and some of the pulp. Sprinkle inside with salt, invert and let stand ½ hour. Fill tomato with cucumbers cut in small cubes and mixed with mayonnaise dressing. Arrange on lettuce leaves, and garnish top of each with mayonnaise dressing forced through a pastry bag or tube.

## CHEESE AND OLIVE SALAD.

Mash a cream cheese, moisten with cream and season with salt and pepper. Add 6 olives finely chopped, lettuce finely cut, and ½ a pimento cut in strips. Press in original shape of cheese and let stand 2 hours. Cut in slices, separate in pieces and serve on lettuce leaves with mayonnaise.

## POTATO SALAD.

Cut 6 cold boiled potatoes in ½ inch cubes, add 1 small onion chopped fine and 1 small bunch celery cut in small pieces. Add to the chopped whites of 2 hard boiled eggs. Make a dressing of 4 tablespoons olive oil, 2 tablespoons vinegar, ½ tablespoon salt, and ¼ teaspoon pepper. Pour on salad and mix thoroughly. Force yolks of eggs through a strainer and sprinkle over salad. Let stand until seasoned thoroughly. Serve on bed of lettuce. Mayonnaise may be used in place of olive oil and vinegar.

## NUT, CELERY AND CABBAGE SALAD.

Mix ½ cup finely cut celery, 1 cup shredded cabbage, 1 cup pecan meats broken in pieces. Moisten with boiled dressing or mayonnaise and serve in bowl made of small white cabbage head.

## FRENCH FRUIT SALAD.

2 oranges
3 bananas
½ pound malaga grapes
12 English walnut meats
1 head lettuce
French dressing

Peel oranges and remove pulp separately from each section. Peel bananas and cut in ¼ inch slices. Remove skins and seeds from grapes. Break walnut meats in pieces. Mix prepared ingredients and arrange on lettuce leaves. Serve with French dressing.

## MACEDOINE SALAD.

2 cups cauliflower
2 cups peas
1 cup carrots
1 cup celery

Marinate separately in French dressing cold cooked cauliflower, peas and carrots, cut in small cubes and stalks of celery cut in pieces. Mix separately with cooked or mayonnaise dressing. Other vegetables may be used. Serve on lettuce.

## JELLIED FRUIT SALAD.

1 tablespoon granulated gelatin
¼ cup cold water
¼ cup lemon or orange juice
2 tablespoons sugar
¼ teaspoon salt
few grains cayenne
1 cup boiling water
1½ cups fruit (pineapple, orange, grapefruit, or other combinations)

Soften gelatin in cold water. Mix lemon juice, sugar, salt and boiling water. Bring to the boiling point and add softened gelatine. Cool, and as the mixture begins to thicken, add the fruit cut in pieces. Turn into a mould and when firm turn out on a platter. Serve with mayonnaise or cooked dressing.

## PERFECTION SALAD.

1 tablespoon granulated gelatin
¼ cup water
¼ cup vinegar
juice of ½ lemon
1 cup boiling water
¼ cup sugar
½ teaspoon salt
1 cup cut celery
½ cup shredded cabbage
¼ cup pimentos cut in strips

Soften the gelatin in cold water. Mix vinegar, lemon juice, salt and boiling water. Bring all to boiling point and add the softened gelatin. When the mixture begins to thicken, add celery, cabbage and pimentos and turn into a ring mold, chill, serve with mayonnaise dressing.

## FISH SALAD.

2 cups cooked fish
1 cup celery
¼ cup French dressing
1 cup mayonnaise dressing

Marinate fish in French dressing and when ready to serve, drain, mix with celery and add mayonnaise dressing. Serve on lettuce.

# Wartime Desserts

## APPLE SAUCE CAKE

1 cup corn syrup
2 tablespoons mazola oil
1 cup apple sauce
2 cups rye flour
1 teaspoon soda
2-3 cup raisins
cinnamon
cloves
allspice

Mix syrup, fat and apple sauce together, add ¾ amount of flour sifted with soda, spices, and lastly raisins dredged with the remaining flour.

## FAYETTE WAR CAKE.

½ cup crisco
1 cup corn flour
1 cup rye flour
1½ cups brown sugar
1 cup apple sauce, unsweetened
1 cup raisins
½ cup nuts
1 tablespoon cinnamon
1 teaspoon allspice
1 teaspoon cloves
1 teaspoon nutmeg
1 teaspoon soda
1 teaspoon baking powder
1 teaspoon vinegar
2 eggs

Cream crisco, sugar, yolks of eggs together, add apple sauce, meal, ¾ amount of flour, baking powder and soda sifted together. Then add raisins and nuts dredged in the remaining flour, spices, vinegar and whites of eggs beaten stiff. Bake in moderate oven for 1 hour.

## THE LINCOLN WAR CAKE.

2 cups buckwheat flour
2 cups Graham or corn flour
3 eggs
4 teaspoons baking powder
½ cup mazola oil
1½ cups karo syrup
½ box raisins
½ package figs
½ cup pecans
½ cup dates
1 teaspoon cinnamon, allspice, cloves

Sift flour, spice, baking powder. Cut and dredge fruit and nuts. Cream mazola oil, karo and yolk of eggs. Add flour, then nuts and fruit and lastly white of egg. Bake two hours in a slow oven.

## OLD GLORY FRUIT CAKE.

1 cup brown sugar or 1½ cups syrup
¾ cup water
1 cup seeded raisins
2 ounces citron, cut fine
1-3 cup shortening
½ teaspoon salt
1 teaspoon nutmeg
1 teaspoon cinnamon
1 cup corn flour
1 cup rye flour
5 teaspoons baking powder

Boil sugar, water, fruit shortening, salt, and spices together in saucepan 3 minutes. When cool, add flour and baking powder which have been sifted together. Mix well; bake in loaf pan in moderate oven 45 minutes.

## PLAIN CAKE.

3 cups barley flour
1½ cups honey
½ cup fat
2-3 cup milk
3 eggs
¾ teaspoon soda
2 teaspoons baking powder
1 teaspoon vanilla

Heat honey, fat and milk until blended. Add egg yolks, and when cool, sift in flour, reserving ½ cup. After well mixed add vanilla, soda, baking powder, and last of flour sifted together. Fold in the well-beaten whites last of all. Bake in a moderate oven. This makes a large size cake.

## DEVIL'S FOOD CAKE.

1 cup sorghum
2-3 cup cane syrup
1-3 cup fat
1½ cups rye flour
1½ cups barley flour
1 teaspoon vanilla
1 teaspoon soda
1 teaspoon salt
2 teaspoons baking powder
2 squares chocolate
3 eggs

Heat syrups slightly to melt fat and chocolate, when cool add egg yolks and the sifted dry ingredients. Fold in the well-beaten egg whites last. Bake in layers in a moderate oven.

## SPICE CAKE.

2¼ cups rye flour
½ teaspoon cloves
1½ teaspoons cinnamon
¼ teaspoon nutmeg
2½ teaspoons baking powder
¼ teaspoon salt
1 cup light syrup
½ cup fat
2 eggs
½ cup dark syrup
¼ cup milk
¼ cup chopped citron
1 cup raisins seeded and cut in halves

## FIG LAYER CAKE.

1-3 cup fat
¾ cup syrup
2 eggs
3 teaspoons baking powder
1¼ cups milk
2 cups white corn flour

Scald milk and pour over corn flour. Allow to stand for a few hours. Cream fat and sugar. Add well-beaten eggs, then the soaked corn flour. Beat well, add baking powder. Beat quickly and thoroughly and bake in two layers in moderate oven. Before serving, place fig filling between cakes. Whipped cream may be served on this.

## COOKIES.

### OATMEAL ROCKS.

2 eggs
1 cup syrup
¼ cup oleomargarine
¼ cup mazola oil
2 cups rolled oats
2 cups barley flour
1 heaping teaspoon cinnamon
1 teaspoon allspice
1 cup raisins
1 teaspoon soda in ¼ cup boiling water
pinch of salt

Mix syrup, fat and eggs, boiling water with soda, add oats, flour, spices and lastly, dredged raisins.

### SPICED OATMEAL CAKES.

1½ cups rye flour
½ cup cooked oatmeal
¼ cup sugar
¼ cup raisins
¼ teaspoon soda
½ teaspoon baking powder
½ teaspoon cinnamon
3 tablespoons fat,
¼ cup molasses

Heat the molasses and fat to boiling. Mix with all the other materials. Bake in muffin pans for 30 minutes. This makes 12 cakes.

## BUCKWHEAT DROP CAKES.

¼ cup fat
½ cup corn syrup
½ cup raisins
1 egg
¼ cup milk
2 teaspoons baking powder
1¼ cups buckwheat flour
¼ teaspoon salt
1-3 teaspoon cinnamon
¼ teaspoon cloves

Beat the egg, add sugar and fat with the milk to the egg and sugar mixture. Add raisins, drop by spoonfuls on a baking sheet and bake.

## BRAN DROP COOKIES.

2 cups bran
1 cup wheat flour
1 teaspoon soda
2 teaspoons sugar
¼ teaspoon salt
1 well-beaten egg
½ cup molasses
1 cup milk
1 cup seeded raisins

Drop by tablespoons on greased tins and bake in moderate oven for 15 to 20 minutes. Dates or figs may be used instead of raisins.

## CORNMEAL COOKIES.

½ cup melted fat
½ cup molasses
½ cup corn syrup
1 egg
6 tablespoons sour milk
½ teaspoon soda
2 cups corn meal
1 cup wheat flour

Combine the melted fat, molasses, syrup, beaten egg and milk. Sift with dry ingredients and combine with the liquid. Drop from a teaspoon on to a greased pan and bake in moderate over for 15 minutes. This makes 55 to 60 cookies about 2 inches in diameter.

## CORNMEAL GINGERBREAD.

1 cup corn meal
1 cup buckwheat
1 teaspoon soda
1¼ cups sweet milk, or
¾ cup sour milk
1 teaspoon cinnamon
1 cup molasses
½ teaspoon cloves
¾ teaspoon salt
2 teaspoons ginger
2 tablespoons shortening

Sift together the dry ingredients. Combine milk, molasses, melted shortening. Add the liquid ingredients to the dry. Bake in moderate oven.

## WARTIME PUDDINGS, CUSTARDS AND PIE FILLINGS.

### INDIAN PUDDING.

5 cups milk
1-3 cup corn meal
½ cup molasses
1 teaspoon salt
1 teaspoon ginger

Cook milk and meal in a double boiler 20 minutes, add molasses, salt and ginger. Pour into a greased pudding dish and bake 2 hours in a slow oven; serve with fruit.

### RICE PUDDING.

½ cup rice
½ cup raisins
1 cup water
¼ stick cinnamon
1 pint milk
½ teaspoon salt
¼ cup corn syrup
¼ teaspoon lemon rind

Wash rice, pick over raisins and put both on to cook with the water and cinnamon. Cook slowly until water has been absorbed. Add milk, salt and syrup. Cook over hot water for about 45 minutes. Add grated lemon rind. Serve hot.

### TAPIOCA CUSTARD.

1½ tablespoons minute tapioca
2 cups scalded milk
2 eggs
1-3 cup corn syrup
¼ teaspoon salt
¼ teaspoon vanilla

Add tapioca to milk, cook in double boiler until transparent. Add the syrup and the egg yolk beaten slightly and salt. Remove and add whites of eggs beaten stiff. Add flavoring and chill.

## PRUNE BLANC MANGE.

4 tablespoons cornstarch
2 tablespoons syrup or honey
½ cup cold milk
1½ cups hot milk
½ teaspoon salt
1 cup cooked prunes
1 teaspoon vanilla

Mix the cornstarch in cold milk, add the hot milk, salt and syrup or honey, bring to a boil and finish in the double boiler. Add the prunes which have been cut into small pieces, 5 minutes, before taking off the fire. Remove from the fire, add the vanilla, pour into molds and chill. If prunes are not left over, double amount of syrup.

## DATE CUSTARD.

2 cups milk
1-3 or ¾ cup dates
2 eggs
¼ teaspoon salt
½ teaspoon nutmeg

Cook dates with milk, 15 minutes, in top of double boiler. Put through a coarse sieve, then add the beaten eggs and salt. Put into individual custard cups. Place cups in hot water. Bake in slow oven until firm.

## OATMEAL BETTY OR BROWN PUDDING.

### Oatmeal Betty

2 cups cooked oatmeal
4 apples cut up small
½ cup raisins
½ cup molasses

### Brown Pudding.

¼ teaspoon cinnamon
2 cups cooked oatmeal
½ cup molasses
½ cup raisins

Mix and bake for ½ hour. Serve hot or cold. Any dried or fresh fruits, dates or ground peanuts may be used instead of apples. Either will serve 5 people.

## APPLE TAPIOCA.

⅜ cup minute tapioca
1¼ cups boiling water
¼ teaspoon salt
7 tablespoons corn syrup, or
4 tablespoons sugar
¼ cup raisins
5 medium sized apples
¾ teaspoon cinnamon
1 tablespoon lemon juice
grated rind of 1-3 lemon

Add tapioca to boiling water and salt, cook in double boiler until transparent. Core and pare apples and cut into eights. Arrange in greased baking pan. To tapioca add raisins, syrup, lemon juice and grated rind. Pour this mixture over the apples, sprinkle with cinnamon and bake in a moderate oven.

## CEREAL MOULD.

¼ pound prunes
2 cups cooked cereal (meal, rice)
2 tablespoons dark corn syrup
¼ teaspoon salt
¼ teaspoon nutmeg
¼ teaspoon cinnamon

Wash prunes, soak. Cook until tender, cool; remove stones; cut into small pieces. Heat cereal, syrup, salt, spices in double boiler until mixture has smooth consistency. Add prunes. Mix well; pour into moulds which have been dipped into cold water; chill. Serve with a sauce or with milk.

## PRUNE WHIP.

½ pint cream to whip ½ pound cooked prunes

Press prunes through sieve and fold into whipped cream. Place in greased moulds or mold and chill.

## EGGLESS PLUM PUDDING.

1 cup bread crumbs
2 cups rye flour
4 teaspoons baking powder
½ teaspoon salt
1 teaspoon cloves
1 teaspoon cinnamon
1 cup chopped suet
1 cup seeded raisins
1 chopped apple
1 cup molasses
1 cup milk

Mix the dry ingredients thoroughly; add the suet and the prepared fruit. Mix well and add gradually the molasses and milk, stirring continually. Steam 2½ hours. Serve with sauce.

## PASTRIES

### CORN FLOUR PASTRY.

½ cup corn flour
½ cup wheat flour
4 teaspoons fat
½ teaspoon salt
Enough cold water to mix well

Mix fat with flour, add enough cold water to mix well. Roll thin.

### RYE AND RICE FLOUR PASTRY.

2½ cups rye flour
1½ cups rice flour
1 teaspoon salt
1 teaspoon baking powder
¾ cup fat
¾ cup water

### LEMON PIE.

1¼ cups milk
3 egg yolks, or
2 rounding tablespoons dried egg soaked in 1-3 cup cold water
1 cup honey
1 lemon
1 tablespoon butter substitute
½ tablespoon cornstarch

Bring milk and cornstarch to boil. Add honey, cool slightly, and pour over egg yolks or soaked egg. Add grated rind and juice of lemon and fat. Pour into the partially baked crust and bake until set in a

moderate oven. If fresh eggs are used prepare a meringue from the whites, adding 2 tablespoons sugar to each white. Bake to set and brown in a slow oven.

## CHOCOLATE PIE.

1 cup milk
3 egg yolks
1 square chocolate
1 tablespoon butter substitute
1 teaspoon vanilla
½ cup syrup

MERINGUE.

2 egg whites
6 tablespoons sugar

Beat milk, chocolate and syrup to combine. Add butter and pour over the well-beaten yolks. Pour into partially baked crust and bake in a slow oven until set. Cover with meringue and return to oven to set and brown meringue.

## ECLAIRS.

½ pint milk
½ pound rye flour
½ pound oleomargarine
8 eggs

Mix the flour and butter together and put into the boiling milk and stir briskly over the fire about 1 minute. Add 8 eggs, two at a time, to the mixture and put the mixture into pastry bag and then form on a dry pan in the shape of fingers and bake in medium oven and then fill with pastry cream made of a little cornstarch, sugar and yolk of eggs. This makes 2 dozen eclairs.

## FROZEN DESSERTS

### MAPLE NUT PARFAIT.

½ cup maple syrup
2 egg whites
1 cup whipping cream
¼ cup nuts
vanilla

Cook syrup to firm ball. Pour over the well-beaten whites. Beat well; when cool fold in the whipped cream. Add nuts and flavoring. Pack in ice and salt to freeze without stirring. This amount will serve six.

### DATE ICE CREAM.

2 cups milk
2 egg yolks
3 tablespoons syrup
2 beaten whites
1 cup dates
vanilla

Scald the dates and remove seed. Cook in milk to soften and rub through strainer. Mix the yolks and syrup and pour the hot milk date mixture over it. Freeze.

### ANGEL PARFAIT.

1½ cups corn syrup (light)
¼ cup water
3 egg whites
1 pint heavy cream
1 tablespoon vanilla

Boil syrup and water until syrup will thread when dropped from tip of spoon. Pour slowly on beaten whites of eggs and continue the beating until mixture is cool. Add cream beaten stiff and vanilla, then pack in ice and salt and freeze without stirring.

## SHERBETS.

1 cup fruit juice
½ teaspoon gelatine
½ cup honey
2 tablespoons cold water
½ lemon juice
1 pint water

Soak gelatine in cold water. Boil the pint of water, and add to the soaked gelatine to dissolve. Add honey while still hot, then fruit juices and freeze. The above amounts will make a little over a quart of ice.

# Wartime Conservation in Clothing and Household Textiles

By Assistant Professor Ruby Buckman,
University of Kentucky.

Greatly decreased production in textile fibers and fabrics is another result of the war. Shortage in wool is greatest both on account of decreased production of sheep and on account of the large amount needed for soldiers' clothing. Linen is exceedingly scarce since, in the United States, we are dependent on importation from foreign countries, some of which have been devastated by war ravages.

In the near future the shipping of silks from Japan and China may have to be curtailed on account of the extreme scarcity of war ships.

Cotton, too, though grown plentifully in our own country during normal times, is scarce since it is now used so extensively in making hospital supplies and explosives as well as in replacing other scarcer textiles.

Soldiers must be clothed first, hence from the patriotic standpoint, every American woman must conserve textiles of every kind in every possible way. The saving which she must do now is only the thrift principle which she should practice at all times.

## Household Textiles

Take an inventory today and instead of buying new, see where the old "on hand" may be utilized whenever possible.

### Table Linen

Darn table clothes, napkins and lunch cloths when an accidental hole has been worn. Cut off fringes and torn hems and hem again neatly. Make napkins and lunch cloths from partly worn table cloths. Save every scrap for some purpose.

If necessary to replenish with new, buy the half bleached, as the whole bleach weakens from 15 to 20%. A few launderings and allowing to remain overnight on the grass will complete the bleaching. Use cotton Japanese table cloths and lunch cloths. They are cheap, pretty and easy to launder.

### Bedding.

Where a sheet shows signs of wear down the middle, tear, if it is seamless, through exact center, hem these edges and whip the outer edges together to form a new center. Your time used in conserving textiles is of value to your government. Use good parts of badly worn sheets as covers for upper edges of comforters. Buy new unbleached sheeting and pillow casing. It wears much longer and soon bleaches out in the laundry.

Investigate your laundry to be sure no suds are used which eat holes in fabrics.

Avoid elaborate decoration of bed linen. If new bed spreads must be purchased, make them of seersucker or muslin binding the edges in color if desired.

Revive the patchwork quilt of a quarter century ago or use these made covers for comforter tops.

### Curtains, Towels, etc.

Cheese cloth makes a good curtain tinted if desired according to color scheme of room. Save all flour sacks and sugar sacks and use for tea towels or to make

children's under garments. Make wash cloths and dish cloths and dish towels of worn face towels and bath towels. Use small pieces of knitted underwear for wash cloths and patches. Cut off frayed and fringed ends of towels and counterpanes and neatly hem. Use stocking legs if they can not be made over for children for dustless dusters. They should be cut open and stitched in a cloth of desired shape.

Make attractive and durable braided crocheted or woven rugs from discarded textiles of all kinds, matching up materials, and dyeing to get special shades, if necessary. Save all scraps of old carpets or clothing and send to rug manufacturers to be made into rugs.

### Clothing Textiles.

Especially when there are children in the family, many garments can be made from partly worn adult's garments, most successfully.

Make men's coats, trousers and overcoats into smaller garments for boys. The old garment should be ripped and well washed or cleaned so as to eliminate danger from dust germs before making over.

Make dresses or skirts of good worsted into little boy suits. Use good parts of old underwear for making children's garments. Seams should be sewed flat and raw edges finished with crochet picot. Use good parts of men's shirts for rompers, aprons, etc. Percale, gingham, madras and sateen skirts are especially useful. Old outing flannel gowns and bathrobes or bathrobe blankets can be made into gowns and bathrobes for children.

Children's stockings can be made of grown up's castoff's, using a flat seam.

Splendid little girl coats and caps can be made from old silk or velvet dresses, skirts and wraps.

Make coat suits over into one-piece dresses. One-half yard of satin for collar and vest will probably be the only new material needed. Many new patterns are adaptable.

Make skirts of silk dresses into petticoats or use them as linings in coats; or use the silk only as a flounce on a sateen or percaline petticoat.

Two evening dresses can often be combined into one good one; or use net over an old evening dress to make it as good as new.

Smart jackets can be made from old velvet coats or dresses.

Make partially worn waists into corset covers or dainty camisoles.

Use gown skirts for making plain petticoats; or for bags in which to hang best dresses.

Make aprons, petticoats or children's dresses from the good parts of old house dresses.

Save accessories when ripping up an old garment. Beltings, snaps, hooks and eyes and buttons may be used many times.

Make handkerchiefs of squares of new material left in cutting.

Hats of good quality may be used several seasons by having them reblocked and in summer hats, recolored. You can use a bottle of colorite yourself to do this.

Trimmings, materials, even wire and frame material can be used many times in making over old hats.

Neither throw away nor hoard any piece of material which can be used for some other purpose, and in cutting new garments or old, save the small scraps to be again rejuvenated by either cloth or paper manufacturers. The rag collector in your town will pay you for these scraps.